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ZAYN'S DATES WITH SUPERMODEL GIGI DEVASTATE LOYAL PERRIE

Reveal

SHATTERED

KERRY CRIES 'I love him' as George is charged with assault

FED-UP CHERYL plans to escape the UK

SECRETS OF ADELE'S A-LIST MAKEOVER

I'M A CELEB BIKINI BODY DEBATE

'We should admire Vicky and Ferne's real bodies – not criticise them'

By Geordie Shore's Holly Hagan

WHY KYLIE'S SO CRAZY ABOUT TYGA

ISSUE 48

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‘TROLLS MADE MY PREGNANCY A MISERY!’

Body-shaming has always been a contentious issue in the celebrity world, and last week, The Saturdays’ Frankie Bridge opened up about the vicious tweets she received from trolls when she was pregnant with her first son, Parker, in 2013.

Talking about the comments, including some which described her as ‘fat’ and as having ‘lost it’, during a BBC documentary about the effects of social media, Frankie, 26, said, ‘It just really got me down. It was already something I was self-conscious about, and the minute someone draws attention to that, it just drags you down even more.’

Frankie was told she’d ‘lost it’ when pregnant

However, despite trying to raise awareness of the danger of trolling, the mum-of-two shocked fans when she admitted she lies awake at night thinking about ‘hot’ women.

She said, ‘I’ll be like, “yeah, I’m going to bed” – it means I’m going to go to bed and I’m going to look at loads of hot people on Instagram. I find myself, the whole time, completely comparing myself to all these people. I know nothing about them, but I obsess over them at night.’

Frankie wasn’t the only celebrity to comment on online trolls last week. Caroline Flack hit back at fans who branded her ‘fat’, saying, ‘Have never said I’m the prettiest or thinnest, or even anything special, but thank God I’m not horrible.’ Bravo, Caroline!

Caroline also hit back at those who branded her ‘fat’

Words Lisa Blake Photos Alex James, Getty, INFphoto.com, Rex, Splash

INSIDE YOUR REVEAL THIS WEEK...

17 Has Bey done something to her face?

20 Secrets of Kylie and Tyga’s romance

Instagram/@lydiarosebright

25 TOWIE are filming #EsseXmas

46 *Nine pages of festive fashion & beauty!*

The Apprentice mogul, famous for his straight talking, tweeted about Cheryl's weight loss while watching The X Factor

CHERYL'S TOO THIN, SAYS LORD SUGAR

Last week, Cheryl was putting on a brave face in the eye of the storm

Reveal says

'You deserve a long holiday after The X Factor, Chezza!'

Fed-up Cheryl WANTS TO LEAVE THE UK

After a week from hell, Cheryl Fernandez-Versini is planning to chill out with her husband and, hopefully, make babies…

She should have been celebrating another successful turn on *The X Factor* but, instead, Cheryl Fernandez-Versini spent last week lurching from one drama to the next.

The star, widely criticised for her newly slim figure, was understandably shocked when fellow celebrity Lord Sugar waded in on the debate. After catching her ITV show, he decreed, 'Cheryl's now too thin.'

Determined to rise above the body-shaming, Cheryl slipped on a stunning jewelled dress to attend the British Fashion Awards (left). But, unfortunately, she was then photographed standing close to what appeared to be white powder in the toilets. [The snap was posted online by a fashion editor, along with the caption, 'Sadness in her eyes,' causing a sensation on the net].

It's clear Cheryl had nothing to do with the substance, which, it is now thought, may have merely been a trick of the light.

Cheryl, who's always been vehemently anti-drugs, is said to have consulted her lawyers to ban publication of the picture, which has been taken down off Instagram.

As if that wasn't enough, controversial columnist Katie Hopkins then wrote an open letter to the ex-Girls Aloud singer, telling her not to reach for her lawyers every time she got insulted and adding, 'Reach for your self-respect. It's cheaper.'

Now, Cheryl is feeling like enough's enough. 'This past year's been a toughie,' we're told. Her husband, Jean-Bernard Fernandez-Versini, lost his father this summer and our source says, 'There have been a lot of family issues going on.

'Cheryl has hinted that her weight struggles are connected to some private matters, but sees it as completely unfair that she has to justify herself at all.

'She lives a healthy life – as much as is possible with her schedule – and that's nobody's business but hers.'

Our insider adds, 'She also takes her status as a role model very seriously. Every day, she has literally hundreds, if not thousands, of young girls confiding their deepest worries to her over social media.

'She knows they look up to her, and accepts the responsibility which comes with that. Cheryl sees it as a privilege. Unfortunately, the trolls don't realise the impact they have.'

Cheryl is getting trolled about her weight loss

Out with hubby JB in October, she's draped in his jacket. Cute!

In June, Katie Hopkins called her 'tinky tiny', and added, 'Cheryl, love, you need a good roast dinner and some thermals.'

Cheryl was also called a 'bag of bones' this summer. At the time, she fumed, 'I am so sick and tired of it being OK to call somebody too thin… You have no idea what I have been through. Just losing my father-in-law very recently and everything that comes with that. Not that I am, or should be, justifying myself to anyone.'

In an interview this August, Cheryl added, 'No, I'm not anorexic.'

No wonder the 32-year-old is feeling stressed. When a fan suggested she should dye her hair silver, she took to Twitter to joke, 'This may happen naturally by the end of *Xf*. Watch this space.'

Now, she and hubby Jean-Bernard, 35, are planning an escape from it all.

'Cheryl's virtually counting the hours until she can head off for a break from the constant pressure,' says our source.

'When their busy schedules keep them apart, Cheryl misses JB desperately. It's a very close relationship. JB calls it a "coup de foudre", or a bolt of lightning, which hit him and Cheryl. It completely blew them away and changed everything.'

The couple will reportedly be escaping to St Barts and France. Our source adds, 'Cheryl doesn't want to be away from her family for too long, so she's going to fly them out to see her.'

And we're told that there could be one particular goal for this extended vacay.

In August, Cheryl said, 'I'm just going to go with the flow. Whatever Mother Nature gives us, whatever is going to happen…'

But our source adds, 'If she happens to get pregnant along the way, well, let's just say that would be a very welcome bonus!'

Hannah Doyle

Photos BBC, Getty, PAphotos.com, WENN, Xposure

Zayn and Gigi have been caught together on multiple occasions

'ZIGI' SHATTERS PERR RECONCILIATION HOP

After giving Perrie Edwards hope of a reconciliation by publicly admitting he 'still loves her' and agreeing to her moving home, Zayn Malik dates model Gigi Hadid

Perrie fans were excitedly pondering whether Zayn Malik and Perrie Edwards were reuniting last week, after he declared his love for her and she was pictured apparently moving back into their former love nest.

Just days after Zayn told *Fader* magazine that he 'still loves her and always will', we revealed heartbroken Perrie had allegedly agreed to a sit-down talk with her ex.

Zayn, 22, shot down reports that he callously dumped Perrie, also 22, by text, saying, 'I love her a lot and I would never end our relationship of four years like that. She knows that, I know that, and the public should know that as well.

'I don't want to explain why or what I did, I just want the public to know I didn't do that.'

Then, Perrie looked upbeat last Saturday as she was seen shopping with her mum, Debbie. She loaded up a trolleyful of household items – including a vacuum cleaner and a kettle – and drove to the luxury house she'd bought with Zayn just a month before they split in August.

It's where the pair planned on starting their married life but, not only did Zayn end their engagement a few weeks later, he also reportedly booted Perrie out of their home, and the £4 million mansion was immediately put back on the market.

So, for Zayn to agree to the Little Mix singer moving back into the pad seemed like an olive branch. A source says, 'It could be only a temporary stay as Perrie looks for her own home, but for Zayn to have relented is interesting.'

ZAYN AND GIGI'S DATES

However, days after their heartfelt chat, Zayn began dating supermodel Gigi Hadid, 20. Pictures of them on their first date emerged on Tuesday – a clear slap in the face for Zayn's ex.

Our source says, 'Perrie spent months getting herself back on her feet and had even started thinking about dating again.

'Then, about five weeks ago, Zayn began texting her, telling her how much he missed her and that he wanted to meet up with her and iron things out.

'Naturally, her feelings for him began to grow again, and a couple of weeks ago she asked him outright if he was seeing anyone – but he flatly denied it.

'When Zayn gave his interview, saying he'd always love Perrie, she understandably thought that was a massive thing for him to say and that he must be missing her.

'So, as you can imagine, her jaw dropped to the ground when she found out about Gigi. She feels

IE'S PES

Perrie was seen nestbuilding at her and Zayn's luxury mansion

Out with her mum, the Little Mixer was doing a house shop

Twitter/@zayn malik

Zayn took a selfie of him wearing Gigi's specs

Reveal says

'We are still on Team Perrie!'

Zayn should have had the decency to tell her about the relationship before she had to read about it on the internet and hear it from friends.

'She's devastated… it's a new level of humiliation.'

Zayn and Gigi's romance first came to light when they were pictured leaving Justin Bieber's after-party following the American Music Awards in Hollywood.

During the awards, Gigi presented Zayn's former bandmates, One Direction, with the Artist of the Year gong, but awkwardly blanked Harry Styles. Whether this was due to the fallout with Zayn, or because of Harry's past involvement with Gigi's best pal, Kendall Jenner, isn't clear.

THE FINAL NAIL IN THE COFFIN?

A couple of days later, Zayn and Gigi were again snapped leaving a restaurant in Los Angeles, and it was reported they had previously spent two nights together in a New York hotel.

Our source says, 'Seeing them together has knocked Perrie for six. She can't help but constantly look up pictures and read everything that's being written. She knows it's just making everything harder but she can't help herself.'

Zayn reportedly ended his two-year engagement to Perrie to move on from his life with 1D and start afresh in LA as a solo artist.

Then, he cruelly tweeted that Fifth Harmony's single, *Worth It*, was better than Little Mix's *Black Magic*.

Our source says, 'Perrie's now gone back to blocking Zayn's number, so he can't get in touch with her. She doesn't want him feeling he has to touch base with her just to appease his own guilt.'

Perrie's friends are now hoping that Zigi is the final nail in the coffin for Zerrie.

Rebecca Greenow

Photos **Splash News, Rex Features, Xposure**

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'JAKE IS A PAIN – *but I love him'*

Following their brief break last month, Lauren Goodger has fallen back into the arms of her on/off ex, Jake McLean

They're on again, they're off again – we can hardly keep up with Lauren Goodger and Jake McLean.

Following a relationship break at the end of October, which, at the time, she blamed on 'a silly spat', *TOWIE*-star-turned-businesswoman Lauren, 29, confirmed she had reconciled with property developer Jake on Twitter.

Alongside a sweet snap of her and Jake, 26, at her Essex flat, Lauren tweeted, 'You are a pain in the arse, but I love you.'

Her public declaration comes after weeks of hinting that she was set to reunite with Jake – who was arrested on suspicion of money laundering and possession of drugs with intent to supply in July, and has been released on bail until 3 March 2016.

Earlier this month, Lauren said, 'We're both stressed out with our own lives and I seem to bear the brunt of it.

'Sometimes you just need five minutes out, and I'm so busy right now I haven't had a chance to stop and give our situation any proper thought.'

Yet, just weeks later, she added, 'Jake and I had a break from each other and we're talking again and have spent a bit of time together. I'm still not sure where we're at, and I'm in no rush to make a decision either way'.

However, Jake clearly managed to wangle his way back into Lauren's good books as she has thrown caution to the wind and taken her bad boy back for good.

THIRD TIME LUCKY

This could be third time lucky for the pair, whose three-year rollercoaster romance has seen them endure two splits over the past two years.

They first broke things off in December 2013, before reuniting in June this year for a romantic break in Dubai. On their return, they gushed about their dream of starting a family.

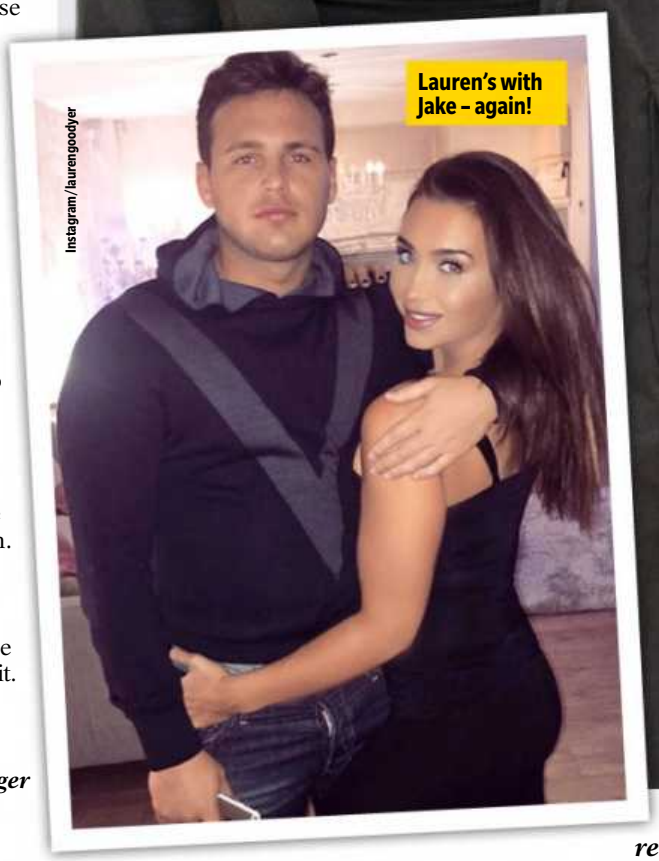
'I can't wait to be a mum to Jake's children. Family is the most important thing to us,' Lauren said at the time.

Yet Lauren's priorities seem to have shifted again. With her focus now on a strict training regime, we're unsure where Jake will fit in.

Lauren told us, 'I've been throwing myself into training. I don't go out, I don't do anything. I go to the cinema and to the gym, that's it.

'Jake's always saying, "I can't wait to have kids." But I'm like, "Babe, not yet."'

Lauren Hill-Roger



Lauren's with Jake – again!

Instagram/laurengoodyer

Photos Rex Features

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Kerry's tears

AS GEORGE IS CHARGED WITH ASSAULTING HER AT HOME

As her ex George Kay appears in court, Kerry Katona is struggling to come to terms with the end of their marriage

The couple last year and (right) George heading to court

She's used to weathering a storm, but Kerry Katona is devastated now that her one-year marriage to George Kay is over.

On Thursday last week, the former rugby player appeared at Brighton Magistrates' Court, facing charges of assault and possession of a Taser and a bladed article, after an alleged domestic incident at their home. No plea was made.

George was bailed until 11 January, and told he couldn't contact Kerry unless it's through a third party. It was the charge that led them to split for good in October.

But, just days before her ex's court appearance, the Atomic Kitten singer admitted on ITV's *Loose Women*, 'I love George to bits. I'm still madly in love with him… but sometimes things have got to come to an end.'

The star opened up about her heartache on *Loose Women*

When the *Loose Women* panel noted that Kerry – previously married to Westlife's Brian McFadden and cabbie Mark Croft – was still wearing her wedding ring, she said, 'Can you not see how beautiful it is? I've got to keep at least one of my rings! I'm not ready to take it off yet.

'I've always wanted to be a wife and a mum. I love being married. I'm a sucker for wedding cakes!'

But, joking aside, Kerry, 35, also reflected on her tough childhood – a lot of which was spent in care and battling drug addiction. She sadly said, 'As a kid, being an only child and not having a dad and being in foster homes, my main goal – more than being famous – was to be married and at least to have one of the dads [that she's still married to].

'I don't blame myself, but just look at my record – I must have really bad taste.

'I'm an amazing mum, so I won't let anybody knock me down for that. I know I've made mistakes in the past but my kids are so well looked after, they're so polite and well-mannered. They're very well-educated and they don't even speak like me, they speak ever so well!'

Kerry and George have had a rocky three-year relationship. They reportedly had a massive bust-up on their joint stag and hen do in September 2014. In the same year, George, 35, was detained under the Mental Health Act after consuming a concoction of steroids, sleeping pills and alcohol that left him ranting in the street.

Shortly after their split, it was claimed George had been messaging Russian model Alena Shishkova, 23, behind Kerry's back, but things had gone no further.

'I SO WANTED THE MARRIAGE TO WORK'

For now, as well as focusing on her kids – Molly, 14, Lilly-Sue, 12, Heidi, eight, Max, seven, and 19-month-old Dylan-Jorge, her baby daughter with George – Kerry's been healing her heart by turning to Brené Brown's self-help book, *Rising Strong*.

She tweeted a picture captioned, 'My new reading book. Let's hope it helps.'

Kerry also spoke honestly about her sadness over the end of the marriage.

'I feel like there's been a death, and I feel guilty, like it's my fault. I feel completely embarrassed and ashamed. I just so wanted the marriage to work.'

Rebecca Greenow

Photo FameFlynet UK, Rex Features, WENN

Vicky (left) and Ferne were criticised for their figures when they entered *I'm A Celeb...*

But as Holly says, it's all down to getting the right angles and lighting

I'm A Celebrity...

FAT SHAM

The jungle's Vicky Pattison and Ferne McCann have been the subject of a heated body debate...

NOT THE REALITY?

I'm A Celeb... – well, specifically the jungle shower – is known for its ability to catapult its bikini-clad bathers to stratospheric heights à la Myleene Klass in *that* white bikini.

But, last week, camp mates Vicky Pattison and Ferne McCann were put under the spotlight for all the wrong reasons, after they were accused of looking unrecognisable from the images viewers regularly see of them on Instagram and in magazines.

A collage put together by an Instagram user started doing the rounds, showing *Geordie Shore* star Vicky, 28, and *TOWIE*'s Ferne, 25, as they were in the jungle shower, compared with previous promotional shots of them both modelling lingerie.

These were accompanied by the caption, 'Photoshopped vs reality. Check this out ladies. Ferne McCann and the Geordie girl. Body reality.'

Another Twitter user added, 'This just proves it's all Photoshop.'

However, lots of fans came out in support of the women, and were quick to remind people that Ferne, in particular, is a 'normal girl'.

'There's nothing wrong with Ferne McCann's real body,' one wrote. 'She looks like your average non-Victoria's-Secret-model girl.'

Blissfully unaware of the furore while in the jungle, Ferne's rep issued a statement on her behalf saying, 'These [before] pictures are from December 2013. Ferne's weight fluctuates, like any woman, and she has always been honest and open about this.'

E ME!

Ferne's mum, Gillian, also chipped in, saying, '[Ferne] hasn't been as happy and in shape as she was [Ferne broke her leg after a netball accident this summer], but I think she's gorgeous – she's tall and got long legs.'

Ferne has previously said, 'I don't think I've got a bikini body where people are like, "I want to look like her, she's my body inspiration." For me, it's all about being fit and healthy and having a strong body, instead of being skinny, so I'm just concentrating on that.'

Vicky famously slimmed down for a fitness DVD deal in 2013 – going from a size 16 to a size 6 – and makes no secret of her struggle to keep the weight off.

While there's no denying the popularity of photo-editing apps and filters – which both Vicky and Ferne have admitted to using – Vicky's *Geordie Shore* co-star Holly Hagan tells *Reveal* how, despite this, pictures can be deceptive…

Emma Hunt

Holly Hagan says,

'WE SHOULD ADMIRE VICKY & FERNE FOR SHOWING THE REAL THEM'

'There's a whole host of tips and tricks I've learned to look better on camera,' says the *Geordie Shore* star.

'If I've got a photoshoot coming up, I'll cut out fizzy drinks, potatoes and white bread, which bloat you. I'll also have a spray tan. It makes me look at least a dress size smaller, and feel a lot more confident.

When you're working with a photographer, you're trying to get the best shot possible, using the best lighting and angles. Sure, some might look awful, but you pick out the best takes and they're the ones the public see.

Most people haven't endured being in the public eye and having unflattering photos of themselves taken and shared. Before I was famous, I had control over which photos of me people saw.

Now, I always get people coming up to me in the street telling me they expected me to be bigger. But no matter what I do, I always look stumpy next to my 5ft 7in co-star Charlotte Crosby, as I'm only 5ft 3in. No matter how much weight I lose, I'll always look like that.

And the TV definitely puts weight on you – it's true!

When you take a selfie, girls know it takes numerous attempts (for me, about 20) to get the right one. I've mastered it now but, if I want to, I can make myself look two sizes bigger – I can stick out my tummy, have bad posture and all that.

I tend to bend forwards a bit to make my legs look slimmer, because I've got fat knees! I also go on my tip-toes to elongate my legs. Honestly, I'm out of breath afterwards – it's a lot of effort!

I also get a big vein in my head when I smile too much, so I often edit that out.

With paparazzi pictures, it's different. There was a set of photos of me on holiday in Ibiza where I looked amazing due to the lighting. But in the next photo, taken moments later, I look horrendous – as the lighting is crap – and I was accused of editing the nice one!

People should admire Vicky and Ferne for showing the real them.

It's unfair the amount of stick they're getting. They both look like normal girls – there's nothing wrong with their bodies at all. It's wrong for people to fat-shame them as they are far from overweight!

Vicky's promo picture was taken just after she did her DVD, so she was at her absolute peak. She's since relaxed a bit so, of course, she doesn't look like that all the time.

If I was a girl watching, I'd be proud that they look like normal girls and that their figures are totally realistic.'

The star knows her best angles

Holly reckons Vicky and Ferne look just fine

Photos Nicky Johnston, Nigel Wright, Rex

Rosie took the plunge and narrowly avoided a malfunction...

... and Salma gave us serious asset-envy. Where do we look?!

No VPL, but Mollie had a close shave in this multi-split dress

CLEAVAGE ALERT!

Even the cold weather hasn't stopped these celebs from flaunting their amazing bosoms! Salma Hayek, 49, showcased her eye-popping assets in a plunging ivory gown at last week's *Evening Standard* Theatre Awards in London. The Hollywood actress left little to the imagination in the low-cut frilly frock.

Another celeb flashing her cleavage last week was model Rosie Huntington-Whiteley at the British Fashion Awards. The 28-year-old catwalk queen almost suffered a wardrobe malfunction when her sparkly floor-length white frock gaped open as she exited her taxi. Luckily, she raised her arm in the nick of time!

The Saturdays' Mollie King, 28, also flaunted her bust in a floor-length black and white dress with a deep V-cut down to her midriff. The singer later caused a stir as the thigh-split on her dress showed off more – or less! – than she had planned, when it appeared she'd gone commando. Yikes!

So Peter's got Katie's vote. We wonder what Kieran thinks...

KATIE

'I WATCH PETE ON *STRICTLY* AND THINK HE WILL WIN'

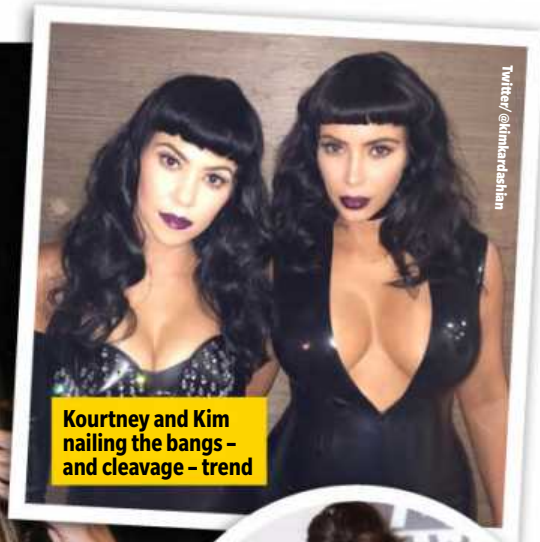
Three weeks ago, we exclusively revealed that Katie Price had been secretly watching her ex-husband, Peter Andre, on *Strictly Come Dancing*. Now the model has spoken out for the first time about how she's been following Peter's fancy footwork.

Talking to Piers Morgan and Susanna Reid on *Good Morning Britain*, the 37-year-old said, 'We do watch that [*Strictly*]. Before *The X Factor*. We record both. I always thought he'd win – he's a really good dancer.'

Asked whether her children liked watching the show, too, she said, 'Yes. Princess wasn't bothered, but Junior is, as he's more the entertainer. He's [Peter] doing well in it.'

Sounds like Peter has a new fan!

Stunning Mich rocks her new wispy 'winge'



Twitter/@kimkardashian

Kourtney and Kim nailing the bangs – and cleavage – trend

Is there anything Kendall *can't* pull off? *sigh*

WINGE WEARERS!

Forget the 'Hun', this month's celeb hair trend is the 'Winge' – the wig fringe! Michelle Keegan flaunted a new fake fringe as she headed out in Essex recently. The former *Corrie* star, 28, said, 'I was really impressed with it – it looked very real and stayed in place all evening. Clip-ins are a great way of trying out new styles to see if you like them.'

Kendall Jenner, 20, also flaunted new 'bangs' alongside a topknot as she worked the red carpet at the American Music Awards. Whether it's real or fake remains a mystery, but the model posted a selfie of her bare forehead an hour before the event, suggesting the look was temporary.

Last year, Kim shocked fans, too, when she posted a picture on Instagram appearing to have had a drastic restyle. But the following day, she admitted the bangs were clip-ins. Could've fooled us!

Photos Getty, Rex, Xposurephotos.com

ADELE'S #SQUADGOALS

She's been happy to shun the spotlight and avoid friendships with celebrities, but things have taken a different turn for singer Adele recently.

The pop queen, 27, is starting to collect her own 'squad' of A-lister pals, after being spotted having dinner with Jennifer Lawrence and Emma Stone at a Mexican restaurant in New York.

It was the *Hello* singer's second meal out with J-Law, 25, this week after she and *Hunger Games* co-stars Liam Hemsworth and Josh Hutcherson all dined together three nights previously.

L-R: Emma Stone, J-Law and Adele. Imagine the bants

New BFFs? Adele and Jennifer have dined together twice recently

See Adele's A-list makeover, page 19 *Lisa Blake*

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WHAT'S GOING ON WITH *Beyoncé's face?*

Showing off a line-free face and plumper lips in Sin City, she's under fire for going OTT with the Botox – from Britney Spears' ex!

Queen of pop Beyoncé Knowles has maintained she's never had surgery in the past, but she caused a stir last week when she was accused of going under the knife by none other than Britney Spears' ex, Kevin Federline.

The singer appeared to show off a wrinkle-free face and fuller lips when she appeared at the Miguel Cotto vs Saul Canelo Alvarez boxing match in Las Vegas with her husband, Jay Z.

But Kevin, 37, wasn't keen on her apparent transformation. In response to a news article about Beyoncé, 34, turning up at the sporting event, Kevin tweeted, 'So sad when a beautiful woman chops and screws her face up with Botox and surgery... #sawface.'

He followed it up with, 'She looked Botoxed.'

Fans also seemed perplexed. One commented, 'I honestly think Beyoncé's had surgery or fillers this year, and that makes me sad. Her face just looks different.' Another said, 'Is it just me or is @Beyonce starting to actually look like JayZ? #Beyonce #JayZ #Botched #Botox.'

According to Anne-Marie Gillett, non-surgical director at Transform Cosmetic Surgery Group, it looks like the *Drunk in Love* singer has had several subtle, non-surgical procedures to enhance her natural good looks.

'Her lips are looking fuller, particularly her top lip. I'd suggest that she had a minimal amount of lip fillers injected,' she says.

'Her face is looking slightly fuller, which is likely to be from recent cheek fillers, giving her a more plumped appearance.

'I would also say that she's indulging in some Botox in her forehead, which has resulted in her wrinkle-free, taut finish and slightly arched eyebrows.'

However, while Britney's ex, and some of her fans, think the mum-of-one has taken the procedures too far, Anne-Marie believes Beyoncé has used surgery in moderation and is looking good.

'She's a great example of how well non-surgical treatments can work for someone in their early thirties,' she says.

However, in the 2013 video for her track *Pretty Hurts*, Beyoncé highlighted the way women are pressurised into looking a certain way.

'I'm pretending to get a facelift and Botox,' she said in a behind-the-scenes video. 'It represents all the things people go through to put up with the pressure that society puts on us.'

Lisa Blake

Pretty hurts... has beautiful Beyoncé, seen here in 2009, changed her face?

Britney's ex Kevin tweeted about Bey

HAS BEYONCÉ HAD TOO MUCH COSMETIC SURGERY?

YES SAYS EMMA HUNT, REVEAL'S CELEBRITY EDITOR

Oh Bey. You are the poster girl for natural beauty, so it's really disappointing to see you looking puffed up à la Kylie Jenner and co. Especially after you invented the 'I woke up like this' turn of phrase! In her song *Flawless*, Beyoncé sings, 'I wake up looking this good, and I wouldn't change it if I could' – but it certainly looks like she may have had a helping hand...

NO SAYS LISA BLAKE, REVEAL'S FREELANCE WRITER

Beyoncé still looks gorgeous. Yes, she may have undergone a few cosmetic surgery procedures, but I think it's just enhanced her looks rather than ruined her face. With all the young, fresh-faced pop stars around, like Taylor Swift and Miley Cyrus, she might be bowing to the pressure of having to look your red carpet best. But I wouldn't like you to overdo it, Bey!

Photos Getty, GC Images, Rex Features

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Adele's £50 MILLION MAKEOVER

She's got A-list pals, a record-breaking album and a glam new look to match. We uncover Adele's transformation

2008: her star is rising but her look is street

DRESSED DOWN

Designer clothes and sleek grooming have transformed Adele

2008: shortlisted for the Mercury Prize, her style was still modest

RED CARPET

Like my Valentino? Adele has a stylist to help her look chic

SEE YA, CIGGIES!

You won't catch the singer smoking – she's quit with the help of celebrity hypnotherapist Susan Hepburn, whose Harley Street clients include Nigella Lawson and Lily Allen.

Gone are the days when Adele Adkins' most-toted accessories were a ciggie and a hair doughnut from a south London market. (The singer moved to the area, aged 11, after bagging a place at the prestigious BRIT School for Performing Arts.)

Now worth a reported £51 million, Adele's hit the record books with *25* (the fastest-selling album of all time) and counts Jennifer Lawrence and the Beckhams as BFFs. Now, the Tottenham-born star has the blow-dry, flash heels and megastar mani to match.

A-LIST MANE MAN

She used to favour hairpieces and home dye jobs, but Adele's tresses now get star treatment at London's swanky Daniel Galvin salon from Lino Carbosiero MBE – the same Mayfair hairdresser who tends to David Cameron and Hilary Clinton. For her glossy honey hue, she has Lucy Holbrook (the salon's head honcho for colour) work her magic.

And to create that bouncy blow-dry? Hair and make-up artist Michael Ashton tongs large sections of hair with a medium-barreled curling wand, then puts it up in heated rollers.

'£3K' MANICURES

Perfecting her talons for those close-up mic-holding shots doesn't come cheap. Adele gets her nails preened by Rihanna's manicurist, Kimmie Kyees, who's said to charge £3,000 a pop. Lately, she's taken to having the underside of her nails adorned with rose gold.

SHARING A STYLIST WITH J.LO

The 27-year-old mum-of-one has a personal wardrobe advisor now. Gaelle Paul, an LA-based stylist who's worked with Jennifer Lopez, has shown the singer the wonders of a form-fitting midi frock. Adele's swapped her ballet flats for crystal-trimmed Louboutin heels worth £3,000 a pair, and goes for bespoke designer dresses. On her 'recently worn' list? Valentino, Burberry and Jenny Packham.

'Designers are begging to dress her,' says stylist Gaelle.

And, since meeting Hollywood make-up artist Michael Ashton, songstress Adele's adopted a few eyeliner tweaks.

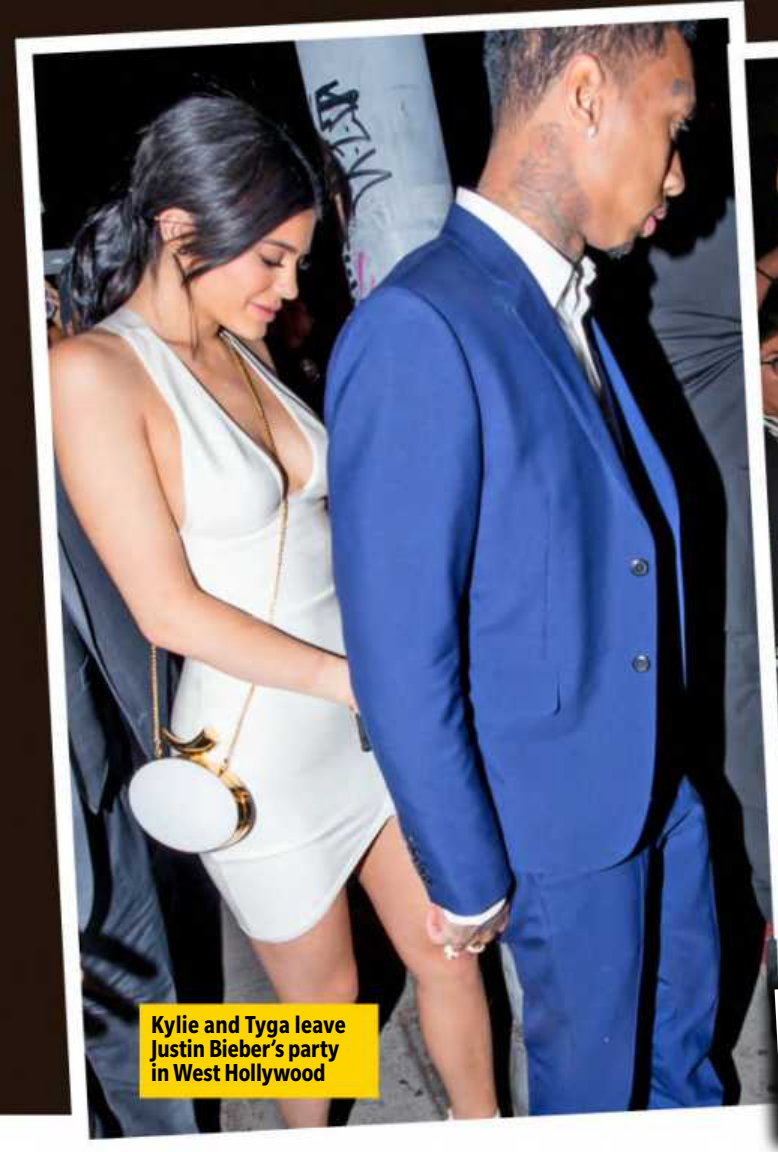
EYELINER EVOLUTION

Expert Michael opens up her eyes by keeping liner near her lower lashes to a minimum. He outlines the feline shape using **Bobbi Brown Long-Wear Gel Eyeliner, £18.50** (easy to erase if you make a mistake), working outwards from the inner corner of the eye.

Then he traces a waterproof liquid eyeliner, with a precise nib, over the top for intensity. **Ciaté Chisel Liner, £16,** works well. The wing comes last, followed by **Eylure falsies, from £5.05**.

Amber Ascroft

Photos Goffphotos.com, Rex Features, WENN



Kylie and Tyga leave Justin Bieber's party in West Hollywood

Holding hands, the couple looked more united than ever

HOW DID T Kylie

As Tyga is set to make his first appearance as Kylie Jenner's boyfriend on Keeping Up With the Kardashians, we take a look into their relationship...

She's rumoured to have won the affections of many A-list hunks, including Zayn Malik, Justin Bieber and Jaden Smith, yet Kylie Jenner has allowed bad-boy rapper Tyga to steal her heart instead, much to the surprise of her fans.

Despite a rumoured blip in their relationship on 20 November, days later the romance was back with a bang – Kylie even defiantly said yes to a reporter who asked if she'll marry the star. But just days earlier, she'd reportedly dumped Tyga on his 26th birthday for 'something he did' prompting the musician to write an expletive-laden track which, it was speculated, was aimed at Kylie. Then, last week, the pair were snapped holding hands and smiling at each other on their way to Justin Bieber's party after the American Music Awards. So what is it about the potty-mouthed rapper that Kylie can't resist?

'Tyga thinks Kylie's the most beautiful lady in the world'

On paper, it's fair to say that Tyga, real name Michael Ray Nguyen-Stevenson, isn't the most eligible of suitors, especially for a just-turned 17-year-old, which is what Kylie was when they were first romantically linked in August 2014.

At 26, Tyga is almost eight years older than her and already has a three-year-old son with his ex-fiancée, former stripper Blac Chyna – who has proven herself to be a bitter ex-girlfriend after posting a picture earlier this year believed to be mocking Kylie's plumped-up lips. These are far from the no-baggage credentials we expect Kris Jenner had in mind when it came to her youngest daughter's first long-term love.

Added to this, Tyga's crude language used in his songs is another no-no, with lyrics in his track *Stimulated* – believed to be about his relationship with Kylie – saying, 'I'm stimulated. I'm at the bank, I'm penetratin', I'm putting in', I'm penetratin', I'm getting' big, I'm stimulated.'

The song caused outrage among fans for the explicit words on its release last August, including a line saying, 'They say she young,

Blac Chyna, Tyga's ex, tweeted this pic (right) of herself mocking Kylie

Photos Rex Features, Splash, Xposure

YGA STEAL 's heart?

Could a wedding be on the cards for Kylie and her bad-boy rapper?

Reveal says

'Looks like pretty Kylie is smitten with her bad boy'

I should have waited, She a big girl, dog when she stimulated.'

Tyga – an acronym for Thank You God Always – also doesn't have the best track record when it comes to treating ladies with respect. He's been sued by three separate women for allowing their nipples to be shown in his music videos without their consent and has also had a public spat with ex Blac Chyna as she accused him of trying to reconcile while he was dating Kylie. The musician fired back telling her to 'focus on what's real in life'.

However, what would be big warning signs to most people doesn't seem to have fazed Kylie – or her family – and it even sounds like they are planning a definite future together, despite their critics.

Tyga and his son already hang out with the Kardashian family

Two weeks ago, Kylie, who was first spotted hanging out with Tyga back in November 2012 when he performed at sister Kendall's 16th birthday party, made a rare comment about her relationship – and she seems pretty smitten.

'I'm not afraid to show who I'm dating, but I'm also not about to talk about every little detail of my relationship,' she wrote on her website. 'Everyone who knows me, knows I've always been a relationship girl. I've never believed in the idea of casual dating or being with two people at once. I feel like I only have room for one person in my heart.'

So what is it about gold-toothed, 5ft 7in Tyga that has caught Kylie's eye?

According to a source, Kylie, who last month admitted she rarely argues with Tyga, doesn't view Tyga as a bad boy and isn't at all bothered by the language used in his songs.

'Kylie thinks Tyga is a musical genius. She's so proud to call him her boyfriend and nothing could ever change that. She knows raunchy music is just part of the rap game and Tyga's style,' said the source.

And she's not the only one to enjoy his sounds – his four albums, including collaborations with Chris Brown, Drake, Pia Mia and Nicki Minaj, have brought in a rumoured £3.3 million for the rapper, a far cry from growing up in LA's tough Compton area.

Or did he? He told MTV's game-show *Bustas* that he's from a 'well-to-do' home in the Valley, later suggesting the dirt-poor background was a fabricated story.

'When u 14 an ambitious u don't give a f*** about anything. Scripted TV isn't what we all live for. Hahahaha,' he tweeted.

According to an insider, Kris has made sure that Tyga's earnings are genuine by requesting to see bank statements. 'Kris has always taught her daughters to upgrade themselves, to date up, if you will. There's nothing worse than a man who leeches off a woman and Kris just wants to make sure Tyga's not plotting to suck the blood out of Kylie.'

However, judging by his generous gift of a £210,000 white Ferrari for Kylie, who is also rumoured to be worth £3.3 million, on her 18th birthday in August, it doesn't look like he is sponging off his girlfriend.

While it's unknown whether his bank balance is something Kylie is impressed by, what is no doubt a selling point is his clear love and affection towards her, which fans have witnessed in Snapchat videos uploaded by Kylie, such as the time he told her she didn't need to wear make-up because she looked pretty without it.

'He thinks she is the most beautiful lady in the world and always tells her that,' said a source, adding, 'Tyga spends lots of time at Kylie's new home. Their favourite thing to do with each other is just laugh, watch a movie, cook some food and just chill out. They are both very low-key people in their environment. Tyga is super-close with Kylie's family and loves hanging with them.'

Sounds like it's the real deal to us!

Lisa Blake

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At 13, Harvey's almost as tall as his famous mum

HARVEY'S ALL GROWN UP!

Looking at this picture, we can't believe Katie Price's firstborn is now a cheeky teenager

It feels like only yesterday that Katie Price's glamour wardrobe consisted of nothing but pink polyester and crop-tops resembling nipple tassels.

But while it feels like her transformation has happened in the blink of an eye, seeing her recently out with Harvey, now 13, is a stark reminder of how much time has passed in the showbiz world.

Years before the headlines were dominated by the likes of North West and Blue Ivy, one of the first 'celebrity offspring' thrown into the limelight was Harvey Price.

Katie, 37, has been posting several pictures and videos of Harvey, her son with ex-footballer Dwight Yorke, on Instagram.

We can't help but notice how much he's changed since he was a cute tot! Sadly, Harvey was in and out of Great Ormond Street Hospital for a routine operation last week (he is blind and also suffers from autism and Prader-Willi syndrome, a condition that means he gains weight easily).

Not only is he now a teenager, and the elder brother of Katie's four other children – Junior, 10, Princess, eight, Jett, two, and one-year-old Bunny – he can read without Braille, play the piano and do sign language.

Lauren Hill-Roger

Katie with Harvey in 2004

Harvey loves playing the piano

Photos FameFlynet UK, Mirrorpix, planetphotos.co.uk

boohoo.com

TWENTYFOUR | SEVEN | FASHION

The TOWIE star tells it straight – every week!

It's Bobby xx

The only way is tartan!

#EsseXmas

So, half of the *TOWIE* cast have been filming the Christmas special in Bonnie Scotland, while the rest were filming in Essex. Jess, Dani, Tommy, Georgia, Lydia, Arg, Kate and Dan were already up north, then me, Pirate Pete and Lockie rocked up to surprise them one evening as they were tucking into their haggis. Let's just say, in true *TOWIE* style, there's been a mixture of emotions for Yuletide! We've got a big finale party coming up that will also be filmed for the Christmas special, then the new series is due to begin again in the new year. Exciting!

SPOOKY SHENANIGANS

In the Scottish Highlands, we stayed at a beautiful-but-haunted castle in Wick. My room once belonged to a dog called Tottie. He and his owner are now dead, and are ghosts in the castle. I only stayed in my room a night, then I jumped in with Dani and Jess coz we got the heebie-jeebies!

Lady C's a feisty one!

LAUREN'S LIPS

Lauren Goodger got a bit of stick for this recent Instagram selfie. I don't know if it's surgical or just make-up, but her lips are looking plumper, to say the least. I think, if you're doing stuff with make-up to enhance your natural assets, that's great, because it's not permanent – but it's a shame when girls have to go down the surgery route and it starts to look too much.

LADY LA-GA?!

I reckon *I'm A Celeb...*'s Lady C and Lady Gaga share a resemblance. Last week, Gaga was pictured buying tinnies from an offie in Camden, north London, which shows she's normal. Well – as normal as someone who has a wardrobe full of meat can be!

I'm rooting for Ferne and Vicky

Team Lady C

I'm waving the flag for Ferne McCann and Vicky Pattison on *I'm A Celeb...*, but I can't lie, I'm loving Lady C, too. Granted, if I was in the jungle with her and she kept coming back refusing to do trials I would probably have to pull her down to Croc Creek and say, 'Listen, Lady C, I'm a bit Hank Marvin [starvin'] here, you oughta go out there now and bring us back something more than witchetty grubs.'

Send your questions and comments to Bobby Norris at bobby@revealmagazine.co.uk

Photos Planetphotos.com, Rex Features

‘OUR HOUSE IS A *mad house*’

The Xtra Factor host Rochelle Humes talks about balancing motherhood with a career, her festive plans and why she’s jealous of hubby Marvin…

Rochelle Humes has become a Saturday-night staple in our households. Taking over the much sought-after gig of presenting *The Xtra Factor* from now-main-show-host Caroline Flack, The Saturdays’ singer injects humour, straight-talking and a lot of glamour into grilling the contestants and judges alike.

But away from her perfectly polished on-screen persona, Rochelle, 26, lets it slip that life behind the scenes, with husband Marvin Humes and their two-year-old daughter Alaia-Mai, is a little more chaotic.

‘My house is an absolute mad house,’ Rochelle says, laughing.

‘It’s one of those homes everyone gravitates to. Morning or night, I’ll always come home to people in the kitchen.’

But with Christmas around the corner, she and Capital Radio DJ Marvin, 30, are hoping for a well-deserved break.

‘Christmas is about doing absolutely nothing and I love that. As soon as *The X Factor* wraps up, I’ve got one photoshoot and that’s it. I’m taking four weeks off just to chill out,’ she says.

‘All of our family decided to go on holiday last year, so it was just the three of us for Christmas. We went to The Ritz for lunch as I wasn’t about to cook a huge roast dinner for a two-year-old. It’s completely pointless!

‘Marvin’s dad is a chef and he won’t let anyone else cook, which I’m secretly very pleased about. We’re planning on taking the whole family out this year.’

‘Alaia-Mai is such a daddy’s girl. She has Marvin in the palm of her hand’

‘I’M ALWAYS BEING ASKED WHEN I’LL BE PREGNANT AGAIN’

As well as *The Xtra Factor*, the mum-of-one also presents a slot on *This Morning*, and has just launched her seventh collection with online retailer very.co.uk [see her top picks from her collection, right] – so it’s little wonder she’s hankering for a holiday.

The problem, of course, is that the words ‘toddler’ and ‘relaxation’ have never been uttered in the same sentence. But Rochelle says it’s all down to balance, adding that hubby Marvin is happy to muck in with daddy daycare.

‘I’m incredibly lucky to be my own boss and able to juggle motherhood at the same time, but Marvin and I both have our own roles to play,’ she says.

‘At the moment, Alaia-Mai is such a daddy’s girl. At first, I thought, “Why doesn’t she want to play with me?” but it’s so sweet to watch. She has him in the palm of her hand! Of course, it’s my name that’s screamed first thing in the morning, which is, erm, lovely. Then, when it’s playtime, or cuddles, it’s “Dadddyyyy”.

‘But at the moment, she keeps saying, “Mummy, Daddy is so annoying,” which I think she’s picked up from me!’

When we ask Rochelle about her plans to extend her family, she’s refreshingly honest and admits why she won’t be adding to her brood just yet.

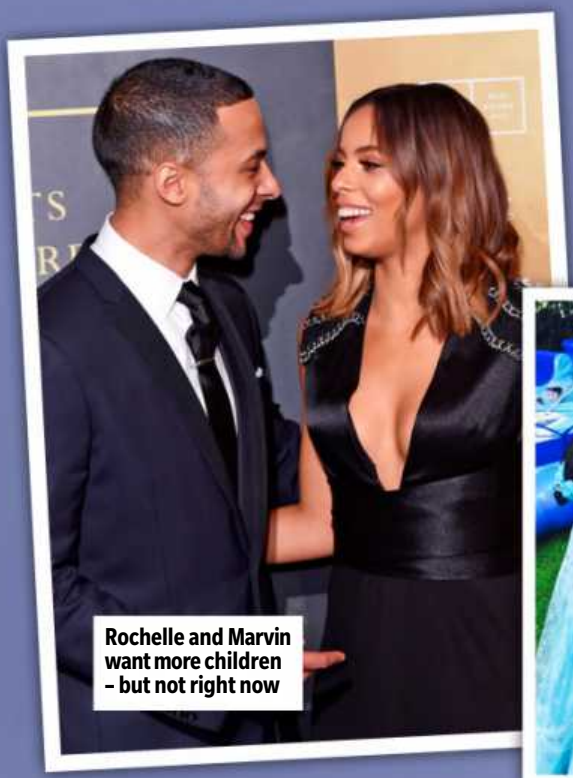
‘It’s one of those things. When you get married, everybody asks you when you’re going to start a family. Then, when your baby is a week old, they ask you when you’re going to have your next one,’ Rochelle adds frustratedly.

‘I have no idea. It’s not something I plan and I don’t know if it will be easy [to conceive]. I also don’t know how I would work, be pregnant and juggle a two-year-old. I don’t know how I’d cope. We want to, but it’s not on the agenda just yet.’

‘I’LL BE COMPETING WITH ALAIA-MAI FOR CHRISTMAS PRESENTS!’

Rochelle reveals that Alaia-Mai is morphing into a mini-me of her stylish mum.

‘Alaia-Mai is a little diva, she’s such a madam. She loves fashion, too. We’re going through the stage where she wants her face painted all of the time, and to dress up as Elsa from *Frozen*, or Minnie



Rochelle and Marvin want more children – but not right now

Instagram/rochellehumes

Alaia-Mai is a fan of Frozen and loves dressing up as Elsa

Photos Planet, Rex Features

With her X Factor squad Rita Ora and Melvin Odoom

Mouse,' Rochelle laughs.

And Alaia-Mai is already compiling an impressive Christmas list…

Rochelle adds, 'Last Christmas, Alaia-Mai was scared of Santa so we couldn't visit any of the grottos, and this year she's worked out that he brings gifts!

'Now she's like an advertiser's dream. Every time she sees a toy advert on the TV, she says, "Erm… Mummy… Santa bring me this?" It's killing me. I tell her it depends whether she's been a good girl but she says, "Yes, Mummy, I am a good girl, Mummy." I'll have to compete for a present from Marvin I think.

'But Christmas is all about the children, so I live all of my Christmas fantasies through Alaia-Mai. We're moving house shortly so I'll probably get something like kitchen tiles under the tree!'

Lauren Hill-Roger

Rochelle Humes' seventh collection for very.co.uk is available online now, sizes 8-20, prices start at £35

Rochelle's fashion picks

Jumpsuit, £59

£69

£69

£69

£39

SHERIDAN & GREG
REUNITED?

They split up six months ago, amid rumours he'd cheated. But it seems stage and screen star Sheridan Smith, 34, is back with her ex, actor Greg Wood.

They were seen passionately snogging in London last week, and it's rumoured they've just been on holiday together. Greg was also there at the opening night of her new theatre show, *Funny Girl*.

When they split in July, it was claimed that Greg, 36, got close to his *Hollyoaks* co-star, Tamara Wall, also 36. A source close to Sheridan said, 'There are serious trust issues, but Greg will do whatever it takes to win her back.'

COUPLES CONFIDENTIAL

Your weekly temperature check on celeb romances

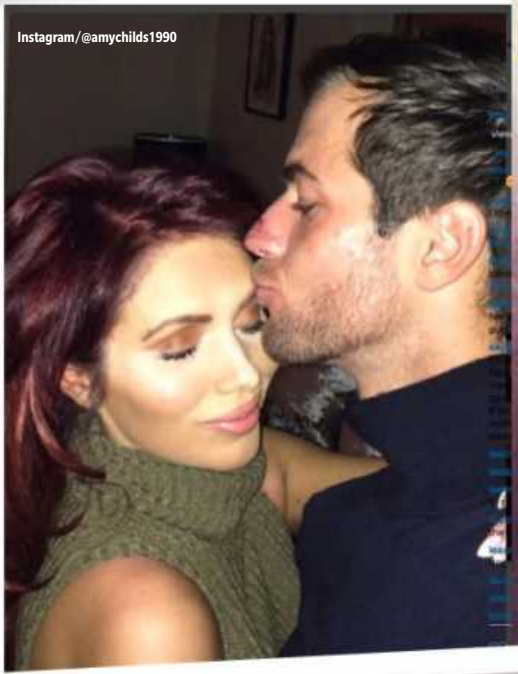
AMY & JAY
REBOUND ROMANCE

Just last month, unlucky-in-love Amy Childs was once again left heartbroken, after splitting with boyfriend Bradley Wright, 25.

But it seems Amy wasn't willing to dwell on her bitter break-up for too long. Weeks after Bradley was given an 18-month jail sentence for handling stolen goods, she has moved on with hunky Hollywood-based Brit actor and model Jay Hector.

The ex-*TOWIE* star, 25, has reportedly been dating the *Hawaii Five-0* actor for 'weeks'. Amy has since posted a sweet picture of Jay kissing her forehead, captioned, 'Lucky girl'.

Friends are said to view Jay as a 'really good guy' and 'good for Amy'. Sweet!



SOFIA & JOE
MARRIED BLISS

Sofia Vergara and Joe Manganiello wed last week during an epic star-studded ceremony in Florida.

The gorgeous *Modern Family* actress and the *Magic Mike* star said 'I do' under a ceiling of cascading white tropical flowers in front of hundreds of guests.

The candlelit ceremony, at The Breakers Palm Beach hotel, Florida, was the culmination of a two-day fiesta, which included a pool party and cocktail bash.

Sofia, 43, dazzled in a custom- made Zuhair Murad gown, while Joe, 38, looked handsome in a black tux.

The bride was walked down the aisle by her son Manolo, 23, watched by celeb guests including Arnold Schwarzenegger, Reese Witherspoon and Channing Tatum. Later, Joe serenaded Sofia, singing Guns N' Roses' *Sweet Child O' Mine*.

Photos: AKM-GSI, Getty, Fame Flynet, Planetphotos.com, Rex Features, Splash News, Xposure

THE ROCKY ROAD OF LOVE

VICKY PATTISON, 28

RICCI GUARNACCIO (2012- 2014) Vicky and Geordie Shore co-star Ricci got engaged in 2012, but called things off later that year. Since her stint on I'm A Celeb... he's showed signs of wanting to get back together...

CHARLIE SIMS (AUG 2013) The Judge Geordie star then went on a date with TOWIE's Charlie Sims, 22, weeks after he'd split from Ferne McCann in 2013. The romance didn't work out, but reality TV star Vicky and Essex girl Ferne, 25, are now mates in the Aussie jungle.

POSH & BECKS
UNITED FRONT

David and Victoria Beckham put on a show of unity last week, packing in the PDAs at the British Fashion Awards.

The gorgeous couple held hands as they walked the red carpet, and Posh protectively put her arm over her husband's shoulder as she cuddled close to him.

The public love-in follows reports that the pair have been leading 'separate lives' and speculation that their marriage is in trouble.

Victoria, 41, runs a successful fashion empire, while David, 40, is planning to open a new football stadium in Miami, so they're both busy with their separate projects, as well as being parents to Brooklyn, 16, Romeo, 13, Cruz, 10, and four-year-old Harper.

Victoria shot down reports of a marriage crisis, saying, 'We love each other, we look out for each other, and we're strong as both partners and parents.'

OTT, us? Sofia and Joe pulled out all the stops for their wedding

KOURTNEY & SCOTT
BACK ON

Kourtney Kardashian and Scott Disick sparked reconciliation rumours after they were pictured heading out to lunch together in Calabasas, California.

It was the first time Scott, 32, and Kourtney, 36, were seen together without their kids – Mason, five, Penelope, three, and 11-month-old Reign – since their split in July over Scott's partying.

Last week's reunion comes after Scott's friend and manager David Weintraub revealed Kourtney has laid down some rules for Scott if he wants her back.

'There are ground rules he has to abide by; cutting off all [club] appearances, staying sober, being a father who's there more, and being a part of the family,' said David.

DAN CONN (2014)
Vicky got close to gorgeous Aussie hottie Dan, 29, on Ex On The Beach, filmed down under, and she confesses now that hunky Dan could be 'the one who got away'.

JAMES MORGAN (JUNE 2014)
She started seeing ice-hockey player (and ex-*TOWIE* girl Maria Fowler's ex), James Morgan, 29. But her busy schedule led to a split late last year, and she announced, 'I think the world of James and love him to death, but we've decided to consciously uncouple.'

STEPHEN BEAR (2015)
In the summer of 2015, Vicky started up a relationship with Ex On The Beach co-star Stephen, 25. But it didn't run smoothly, with reports of drunken bust-ups and an eventual split this October.

SINGLE (NOW)
Vicky denied claims from Ricci Guarnaccio that she'd broken his nose after hitting him with a bag, with her spokesperson saying, it was 'absolutely untrue'. Vicky admitted fancying Duncan Bannatyne, 66, in the I'm A Celeb... jungle, saying, 'I'd be doing a bit with Duncan, he's an old fox.'

Lisa Blake, Kelly Jenkins

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Our boi quite fancies larking around with Kendall Jenner

JAMIE: 'I'M CRUSHING ON *Kendall!'*

Move over, Jess Woodley... single Jamie Laing's got his sights set on a Kardashian romance

From nought to sixty and back again... Jamie Laing's flirty friendship with *Made In Chelsea* co-star Jess Woodley changes every time we turn the TV on.

But Jamie, 27, tells us things have definitely slowed down now, 'Jess and I are sort of not talking at the moment, annoyingly. We had the best friendship – she's awesome – but for some strange reason she didn't want to go out with me. She's mad!'

Jess, 21, told Jamie she felt no sexual chemistry between the pair in a recent episode of *MIC*, so Jamie's decided to eye-up other potential girlfriends – and he's aiming big!

'I'd like a date with Ariana Grande, she's so sweet – it's those dimples! I also think Victoria's Secret model Behati [Prinsloo] is so cute – she seems fun.'

We reckon her hubby, Maroon 5 rocker Adam Levine, could have an issue with this. 'Adam Levine,' Jamie muses. 'I feel like I can challenge him!

'Candice [Swanepoel] is the best, too. And it would be awesome to date one of the Kardashians. I like a tomboy, so it's more Kendall than Kim for me.

'Kendall is amazing. She's taller than me, so we could do that trick where we turn up somewhere and she says, "Oh, Jamie hasn't arrived." Then I walk through her legs saying, "No, here I am!" That would be great,' he laughs.

In the meantime, Jamie's making sure he trains like a Victoria's Secret Angel, too.

'I used to just drink a smoothie and sit in the steam room and think that was a gym session,' he says. 'So I've just got myself a personal trainer. Weirdly, I'm in quite good shape. I'm naturally quite athletic, so I don't need to do a lot.'

The star is also getting ready for the festive season and has been promoting NOW TV's Christmas movie schedule.

Jess and Jamie aren't speaking... for now

Festive films get Jamie into the Christmas spirit

'I go to my mummy's house for Christmas and, on the day, we have to wear black tie – how funny is that?

'On Christmas morning, I'm only allowed to open one present before I go into my mum's room and open my stocking on her bed. I'm 27, but it sounds like I'm 12,' he laughs.

'Taking my younger brothers and nephews shopping is the highlight for me. I took them to Toys 'R' Us last year and said, "Boys, you can have anything you want." They chose a remote control car that cost £380! I was like, "WHAT?"'

Maybe take them to Poundland this year, Jamie!

Hannah Doyle

Watch over 1,000 Christmas movies contract-free with a NOW TV Sky Movies Month Pass for just £9.99

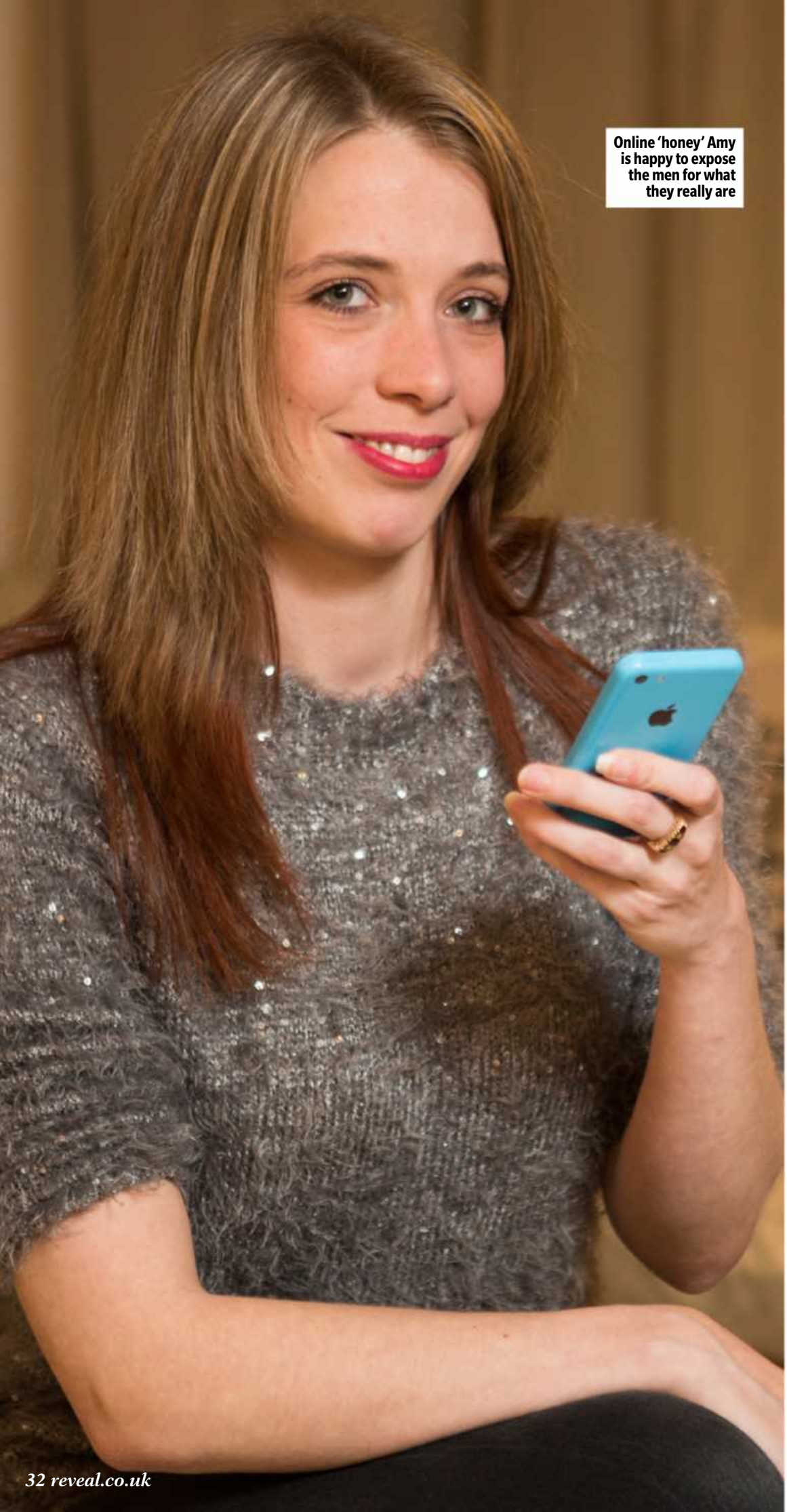
Jamie's Christmas wish-list? An A-list girlfriend, of course

'Spencer's disappointed in himself'

Back to Chelsea's concrete jungle, then, Spenny?

Jamie's 'boi' Spencer Matthews quit *MIC* to enter the *I'm A Celeb...* jungle, but sensationally got the boot after his steroids confession meant he couldn't continue on the show. Jamie tells us, 'I've spoken to Spenny and, of course, he's gutted. He's disappointed, as he wanted to challenge himself and go into the jungle, but he had to leave.'

Photos BEImage, Photowire, Planetphotos, Rex, WENN



Online 'honey' Amy is happy to expose the men for what they really are

YOU C *che*

Amy Wade, 28, works as an online honeytrapper. For £20, she'll flirt with your lover on social media to find out if they're faithful

After having her heart broken by an unfaithful ex, Amy Wade vowed to never let a man two-time her again.

As her boyfriend spent more time on the computer, and would come to bed hours later than her, the 28-year-old's suspicions grew.

It wasn't until months later that he came clean – he'd been cheating on her with girls he met online.

So when her friend Keith Tomlinson offered her a job trapping deceitful lovers for his website cheatingrat.com, she couldn't refuse.

Agreeing to join his team of 'honeys' this summer, she is paid £20-a-week, per case, by paranoid partners who ask her to chat to their suspected cheats.

In the six months she's been working as a honeytrapper, Amy, from Surrey, has exposed over 100 love rats.

'It was both mentally and physically destroying when my ex confessed he'd been sleeping with someone else,' she says. 'If I'd known about honeytrapping then, I would've definitely hired a honey. It would've saved me months of lies and pain.

'No one deserves to be cheated on, and I'm happy being the person to expose rats for who they really are.'

Photos Carmen Valino, Getty Images (posed by model)

AN HIRE ME TO TRAP YOUR *ating partner*

Working in a pharmacy full time, Amy uses her spare time to set traps for unsuspecting partners.

To start with, she was speaking to just a couple of men a week. But due to high demand this summer, she found herself chatting to up to 18 rats at one time – that's an extra weekly income of £360.

She chats online to 18 love rats at a time

THE CHATS CAN BE SHOCKING

'I love being a honey and uncovering love cheats. Some of the rats are so vulgar and disgusting, it's shocking. There's never a dull moment.

'Once, I spoke to a guy for a month and, at the end, my client wanted me to ask him to meet up. He agreed, and then disturbingly said he wanted to live out his rape fantasy with me.

'Another one described himself as a *Made In Chelsea* type. I knew straight away that his girlfriend had something to be worried about.

'Within days, he was sending me explicit snaps, had invited me round to their flat for a dirty weekend and even told me his girlfriend was a "stupid, fat idiot". I knew she wasn't, she was stunning.

'At the end of the week, I blocked him, and sent her the evidence – I hope she kicked him to the curb.'

Taking screenshots of the more-often-than-not incriminating messages, Amy and Keith then file over a report to their clients. It's up to them how to confront their partner.

In order to keep up appearances, Amy uses her own social media profile and basic conversation-starting scripts so that targets don't suspect anything.

'To make it seem realistic, I usually tell them I've just moved to their area. I'll say I've been adding random people to get to know some new faces.

'I just log on to social media like any other person would, and reply to messages when I can. If I replied instantly all the time, it would look suspicious.

'It's up to the wife or girlfriend how sexually suggestive I am, but most of them opt for the "no holds barred" approach.

'I'll ask the guys for pictures and try to entice them in. They pretty much always fall for it.'

Despite her work resulting in the break-up of marriages and relationships, Amy believes she's providing the truth and preventing further heartache down the line.

MY JOB IS EXCITING

Disturbing figures from the website show 82 per cent of clients' loved ones had been overly flirty, and 40 per cent wanted to meet up. While 22 per cent asked to meet for sex – with one even offering money.

'I never feel bad when their relationship ends,' she says. 'Clients contact me and they're usually right to be concerned. If they don't trust their man, then it's my job to put their mind at ease.

'The whole process gives me a real rush. Even when I can see the rat typing, I wonder what they're going to say next.'

As Amy has found out, though, not all men are cheats. 'Some make it clear from the beginning that they're taken,' she says. 'It's refreshing.'

To protect their real lives, honeys use a different name and hide all location settings to maximise their privacy.

'I'll only ever use social media to chat to a client's partner, we never meet rats in person or speak on the phone. And we never send photos, no matter how much the men beg for them.

'My work is never dull, and the men never cease to amaze and amuse me.

'I often sit behind my screen cringing, you wouldn't believe the things people say. It's as though all their inhibitions go out of the window as soon as they're sat behind a computer screen.'

Despite coming up against cheats and liars every day, Amy still believes in love and fidelity.

'I've got a new boyfriend now and he supports what I do. Even though my job surrounds me with unfaithful partners, I still have hope. You have to hold onto the fact that not every guy is like that.

'No one will ever get away with cheating on me again.

'I'd just call in one of my fellow honeys if I ever had any doubts. After all, we only catch those people who deserve to be caught.'

Paisley Gilmour & Paige Haydon

TEACHING HIM THERE'S MORE TO MUSIC THAN THE TOP 40.

#MyLittleBigVictory

Find a great selection of gifts for him.
Visit eBay.co.uk/christmas

Consoles

Phone cases

Tablet keyboards

Refurb smartphones

ebay™

Items shown are indicative of the corresponding category and are subject to change. Inventory is managed by third parties.

HAVE A KITSCH *Xmas*

Get in the Christmas spirit and stay stylish with these kooky jumpers that'll have you in festive stitches

Everyone loves a festive woolly, and this year it's all about the quirky designs. Move away from the usual cutesy take on Crimbo warmers and go for something that'll get everyone talking. Whether it's '#Elfie' or 'pouts not sprouts', there's loads to choose from on the high street – and they're all under £30!

New Look, £24.99

Tu at Sainsbury's, £18

Matalan, £20

YES, LADIES, IT'S TOTALLY ACCEPTABLE TO WEAR ONE OF THESE FOR THE WHOLE OF DECEMBER – WE WON'T JUDGE!

Evans, £25

Dorothy Perkins, £26

PRIMARK IS DONATING £1.50 FOR EVERY CHRISTMAS JUMPER SOLD BETWEEN 1-17 DECEMBER TO THE TEXT SANTA CHARITY

Primark, £10

NOVELTY HAT AND ACCESSORIES OPTIONAL!

yoursclothing.co.uk, £26

FOOD WINS EVERY TIME, EH, GIRLS?

prettylittlething.com, £20

glamorous.com, £20

boohoo.com, £15

Wear your jumper on 18 December for Text Santa Christmas Jumper Day and raise money for charity. Head to registration.itvtextsanta.com for your free fundraising kit

Words **Harriet Davey** Photo **Bigstock**

I WANT *what she's got!*

We show you where the celebs have been shopping this week

ROSIE FORTESCUE

Wow! Miss Fortescue nails party-season dressing in this stunning outfit. The embellished dress is amazing as it is, but Hollywood waves and simple heels complete the look. Extra style points for matching your lippie to your kitsch clutch, Rosie.

DUNE
£89

LAUREN POPE

Popey loves a mirror selfie just like the rest of us, and who can blame her for showing off this killer co-ord? The lace-detail top and wide-leg trousers are the perfect alternative to a dress for a girls' night out. We're loving your style, Lauren!

MISSYEMPIRE.COM
£24

Words **Harriet Davey** Photos **AKM-GSI, Eroteme, FameFlynet UK, Rex**

STEPHANIE PRATT

This party-ready metallic mini dress is the perfect shape for gorgeous Stephanie, who teams it with nothing but glowy make-up, sleek locks and a bright-red festive mani. We love.

AXPARIS.COM
£45

HOUSEOFCB.COM
£110

KYLIE JENNER

Move over, LBD; the LWD (that's Little White Dress, ladies) is taking centre stage thanks to Kylie Jenner. Ignoring the rule of flashing either legs or boobs, Kylie makes sure all eyes are on her by showing off her curvy figure in this bodycon frock.

LUCY WATSON

A monochrome outfit is always a winner, and *MIC*'s Lucy proves it in this super-cute outfit. Putting a 70s spin on her evening look with a pussybow blouse and embroidered waistcoat gets a big thumbs-up from us.

BERSHKA
£29.99

BERSHKA
£29.99

SUGARHILL BOUTIQUE.COM
£32

Unilever

RESCUING *the* BLAND

Fake make-up RUINED MY FACE

TOXIC HORROR

Louise Emery was left with permanent skin damage

Shopping online may be hassle free, but beware of counterfeit products ruining your festive fun...

With shoppers spending more than £17 billion online last Christmas, it's no surprise that this year, we're expected to splurge even more.

But the products you see online might not be all that they seem. Shockingly, in May, police said more than 5,000 websites selling counterfeit 'luxury' goods had been shut down over an 18-month period.

This makes it more important than ever for shoppers to know exactly what they're filling their loved ones' stockings with.

For Louise Emery, 29, from Newcastle, what seemed like an internet bargain landed her in hospital.

When Louise's partner Kathryn gifted her a MAC make-up set worth £150 last Christmas, she was thrilled. Kathryn had bought the gift box from a colleague, who'd ordered the bargain online for just £40. But soon after applying the cosmetics, Louise knew something wasn't right.

'I put the foundation, mascara and eyeliner on, and by the next morning, my face had swollen to twice its normal size,' says health and social worker Louise.

'My eyes were stuck together and my cheeks were burning. It was awful.'

Terrified, she went to a pharmacy, where she was told to seek medical help.

'After taking anti-histamines, the swelling still wasn't going down, so I was admitted to hospital,' she says.

Once there, doctors ran tests on her and the make-up. Results revealed the cosmetics contained deadly chemicals including a poison, arsenic, as well as copper and lead.

Louise took the eyeliner to a MAC store, where staff confirmed it was fake.

'I use MAC all the time. The items looked exactly like the ones I'd had before. I was shocked that they were fake,' adds Louise.

Almost a year on, and she is still feeling the effects, 'Without foundation, my skin looks red and raw. I can't believe that just a few hours of wearing the counterfeit make-up caused such a reaction.

'I don't know if my skin will ever go back to normal. The criminals that sell fake goods don't care about people's health. I've recovered, but others might not.'

Paisley Gilmour

ONLINE SHOPPING – HOW CAN YOU PROTECT YOURSELF FROM FAKE GOODS?

Selling fake products online is fraud and is illegal. But in recent years, there's been a huge rise in the number of criminal gangs recreating unsafe copies of branded products. Some bogus cosmetics contain up to 19 times the legal levels of lead. It is so dangerous, that police have issued a national alert. To make sure you don't fall foul when shopping online, Kate Hobson from Citizens Advice has these tips:

- Firstly, make sure the company lists its contact details – if it doesn't, it may not be genuine.
- If you're buying a known brand, their official website often lists authorised stockists. If the store you're buying from isn't listed, be on your guard.
- If you have doubts about the site, do some research and see if anyone has complained about it.
- Look for the 'padlock' or 'https' (rather than just http) signs on the website before you enter any passwords or card details.
- Keep a copy of your order and save the website.

If you suspect a product is fake, complain to the company and ask for your money back. You shouldn't pay for it to be returned and remember that the seller has a legal responsibility to sell safe goods. Report a company to Trading Standards via Citizens Advice (they can advise you) on 03454 04 05 06 and to Action Fraud at actionfraud.police.uk

Photos North News & Pictures

ANNABEL breaks

Five-year-old Annabel has broken more than 70 bones, but that doesn't stop her running circles around mum Terri Doran, 29, and teaching her the meaning of joy

Still smiling... despite breaking more than 70 bones

'When you want to protect someone, you wrap them up in cotton wool, or so the saying goes.

For my daughter, a cotton-wool cocoon might prevent a few broken bones, but as much as I want to take away the constant pain Annabel is in, she won't be held back.

Now five, Annabel has broken over 70 bones, but you won't find her complaining.

Instead, she'll be at the bottom of the garden at our home in Essex, her hands muddy, discovering worms and bugs.

Annabel is held together by rods of titanium. She's had 16 major operations and has spent as much time in hospital as she has at home.

My fears for her fragility began before she was even born. My husband Chris, 33, and I were so excited when I fell pregnant in March 2009.

At my 22-week scan, the sonographer noticed the baby had bowed thigh bones and bilateral talipes, known as club foot.

We were sent to King's College Hospital in London for more scans, but they told us our baby was just a little small.

Then, a month before the due date, a different doctor spotted something on the scan and uttered two words I'd never heard before, osteogenesis imperfecta. It was a congenital bone disorder characterised by brittle, weak bones.

'A normal birth might crush her skull,' the doctor warned.

Heavily pregnant, and already worrying, I took their advice. All we could do was hope for the best.

I was booked in for a C-section and on 3 December 2009, Annabel was born.

Weighing 6lb 9oz, she was engulfed by the onesie we'd got her, but we were just relieved the birth seemed to have gone well.

She wasn't distressed and we handled her as you would any baby – picking her up to wind her, passing her around our family. Now, looking back on the photos, we dread to think what pain she must have been in.

At 22 months, after an operation on her thigh bones

Brave Annabel, with mum Terri, is an inspiration to others

The Doran family are looking forward to the future

She was just two days old the first time we were aware that we'd hurt her.

Chris was changing her nappy when we heard a crack and Annabel started crying. Her distress didn't last long, but we noticed she'd stopped moving her arm.

The next day an orthopaedic surgeon said she'd broken the humerus bone, which runs from the shoulder to the elbow.

That's how easy it is for Annabel to break her bones.

A skeletal survey two days later confirmed that she'd also broken ribs during the birth. It was definite she had osteogenesis imperfecta.

It's also known as brittle bone disease, but that doesn't begin to cover it. It meant that she'd have a collagen deficiency, leaving her prone to fractures and breaks. It would also affect her muscles, ligaments, skin and bones.

Friends and family didn't want to hold her, they were just too scared. It never got any easier watching our baby, so determined to stand on her own two feet, even when it was followed by the tortuous cracking sound of another broken bone.

For most of us, the thigh bone is the strongest in our body. Annabel broke her thigh bones eight times before a rod was inserted into each leg to support them and prevent future breaks.

She learned to walk in her own, unsteady way. The pressure her little body put on her knees and ankles often led to an injury, but she persevered.

We soon learned that feeling guilty was futile, too. For example, it wasn't that we lifted her badly, we were as gentle as could be. It was just her condition.

'Friends and family didn't want to hold her, they were just too scared'

Instead, we focused on remaining calm no matter how upsetting the situation, because we wanted Annabel to learn not to panic as she got older.

Three years ago, our second daughter Eleanor came along. You'd think it would be hard for Annabel to watch her little sister grow up. But not our little girl…

Eleanor's already bigger than Annabel, and has had no trouble hitting all her physical milestones.

The first time Annabel tried to walk, she broke her thigh bone. But when Eleanor took her first steps, Annabel just cheered, 'Look at Eleanor go!'

Although Eleanor is still too young to understand her big sister's condition, she put it best when she said, 'Annabel breaks.'

In those two little words, Eleanor summed up Annabel's complicated medical prognosis.

Last year, Annabel had magnetic rods inserted into her spine. To recover, she had to lie flat for five months. Although she missed her friends and was desperate to play outside with them, she put on a brave face.

One of the most humbling things we've learned is there are many kind people in the world. A local woman runs a charity called Wipe Away Those Tears, which donates medical equipment to children in need.

The charity gave Annabel the smallest motorised wheelchair available. With new-found confidence and independence, she started school last September, and the wheelchair meant a lowered risk of breaks.

Now five, Annabel makes the best of the good times and isn't disappointed when another bone snaps. And if she can manage to deal this cruel, debilitating condition, then so can we.

Whenever our daughter meets someone new, she casually says, 'I've got fragile bones. You have to be careful with me.'

There's no cure – only resilience. And Annabel is very tough.

We're not sure what the future holds, we just know that the fractures should slow down as she gets older.

And with her determination, we know she'll live a long, independent and full life.

No matter how many bones she breaks, she'll always be out, hunting for bugs with her little sister and discovering the world around her.'

Kim Willis

Reveal says

'You can donate to Wipe Away Those Tears at wipeawaythosetears.org'

Photos **Brendan O'Sullivan**

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MAKE
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CREATION HAIRSPRAY
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PASS
BACK
STAGE
READY
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now the world is
my runway."
NEW RUNWAY COLLECTION
CREATION HAIRSPRAYS
A salon-quality collection
created by experts for
invisible, workable hold.
Get inspired:youtube.com/TRESemmeUK
TRESemmé
PROFESSIONAL. AT YOUR FINGERTIPS.

Amber on...

X Factor Louisa's BEAUTY SECRETS

I'm obsessed with Louisa Johnson's transformation from 'school girl' to 'cool girl'. I go backstage with TRESemmé to find out how the 17-year-old gets her glam on

STYLE LESSONS FROM RITA & CHERYL

'I've learned so much from my mentor on the show, Rita Ora. She's told me to stick to my instincts, be myself and not to wear anything I don't want to wear. She's given me a pair of trainers, and some clothes from her new collection which I absolutely love. After I told Cheryl I loved her style, she gave me an Alexander Wang top! I was over the moon, I didn't expect it at all!' Louisa tells me.

IN MY 'LOOK HOT' KIT...

GLOW-BOOSTER

'I've always wondered how celebs' bodies look so flawless and since being on the show, I've discovered their secret. They use **Scott Barnes Body Bling, £27, cultbeauty.co.uk** – it gives a gorgeous glossy tan. I love it!'

WAVY HAIR FIX

'For my "undone" waves, I just wash my hair, dry it roughly, twist into a high bun for 10 minutes, and then unravel. Easy! For extra oomph, I've been using **TRESemmé Dry Shampoo, £3.99**, at the roots. It gives fab volume and texture.'

PEEPER-PERFECTORS

'To make my lashes look amazing when the camera gets close up, my make-up artist, Julia Carta, puts on **YSL Shocking Mascara, £25**, after applying individual falsies. For my sparkly eyes on movie week, she used **Stargazer UV Glitter Shaker in White, £3, stargazer-products.com**'

MAKE-UP ARTIST CHEAT

'Make-up artist Julia applies the same cream blush on my lips and cheeks – matching the colour makes everything look polished and put together,' reveals *The X Factor* favourite.

MY SIX-HOUR MAKEOVER

'It takes hours to get ready for Saturday's live performance. I start with the lead stylist, Gemma, who helps me to choose my outfit. Then, I have the base of my make-up done before going into the hair studio with Aaron Carlo, lead *X Factor* hair stylist for TRESemmé.

'When I'm half-ready, we have time to eat and then we're off to rehearsals. In between practising, I get my nails done.

'Two hours before the show, I get my make-up finished off, have final hair touch-ups, get my mic pack on and then hit the stage. It's mad!' she says.

Photos Dymond/Syco/Thames/Corbis, Studio 33, Thames/Syco Productions

A Reveal promotion

ALL I WANT FOR CHRISTMAS...

Cosy gifts for the festive season to keep your loved ones fashionable and warm

#FASHION **UNEXPECTED**

Robin fleece PJ set, £15

Scarf, £10

Robin jumper, £16

Stag jumper, £16

Faux fur hat, £10

Cami, £4. Deer print jersey PJ bottoms, £6

Fairisle tunic, £18

Wrap, £14

Fur Deer PJ set, £15

Fairisle boot, £10

My Top Picks

Reveal's Fashion Director, Wendy Rigg, selects her winter warmers...

Sparkle boot, £10

Scarf, £10

Pom beanie, £6

FOR ALL THE HOTTEST NEW CHRISTMAS GIFTS AND IDEAS FROM GEORGE AT ASDA, SEE IN STORE OR AT **GEORGE.COM**

George

Exclusively at ASDA

fashionista

She's bitching her way round town bringing you what's hot, and what's really NOT. Remember, you read it here first

GOLD RUSH

Fancy nabbing a Michael Kors make-up bag… for free? Thought so. The brand is giving away this über-luxe design with the purchase of any 50ml or 100ml fragrance from the Michael Kors Gold or Original collections. It's roomy enough to stash compacts, primers and an eyeshadow palette (or three). Available from any Michael Kors beauty counter, houseoffraser.com and escentual.com until 1 January 2016 while stocks last.

VERY FANCY

There's no better time to splash out on a fancy frock than the Christmas party season and veryexclusive.co.uk is my go-to place. The online hotspot allows you to split the payment equally over three months, interest free, so we can all afford to treat ourselves even before payday. A mix of designer and luxury high street brands include Calvin Klein and Reiss.

› Love Moschino bag, £135

› Black Elizabeth dress, £370

› Three Floor blue dress, £265

› L.K. Bennett dress, £295

Fishtail fail

No doubt Gwen Stefani didn't look in the mirror when she threw on this weird sheer netted fishtail dress and leotard combo.

› Whistles skirt, £120

› Karen Millen shoes, £140

BAG IT UP

How swoonsome is this gold-fringed bucket bag? Not only that, it's helping raise money for charity, too. Zatchels has teamed up with the Rays of Sunshine Children's Charity to raise money so more wishes can be granted to children living with life-limiting illnesses this Christmas. Available from zatchels.com with 30% of all profits going to the charity.

› Bag, £150

Illustration Jacqueline Bissett Photos Getty Images

ROCK THAT fro

Party season is here! Whether it's a classic LBD or show-stopping sequins, take a twirl in this season's hottest dresses

- Dress, £75, Sistaglam at lipstickboutique.co.uk
- Shoes, £22.99, New Look
- Earrings, £4, Primark
- Clutch, £8, Peacocks

- Dress, £30, prettylittlething.com
- Shoes, £79, Dune
- Earrings, £6.50, Miss Selfridge
- Bag, £15, Primark

- Dress, £69, very.co.uk
- Shoes, £62, little-mistress.com
- Earrings, £4, Dorothy Perkins
- Ring set, £10, River Island

ck!

Plush velvet

Update your LBD with touches of sheer or fur

- Dress, £55, asos.com
- Shoes, £55, little-mistress.com
- Necklace, £16, River Island
- Ring set, £15, Freedom at Topshop
- Bag, £19.99, New Look

- Dress, £75, Topshop
- Shoes, £35, Dorothy Perkins
- Bunny ears, £8, Ann Summers
- Bracelet, £10, Miss Selfridge
- Ring, £5, Dorothy Perkins

- Dress, £50, rarelondon.com
- Shoes, £52, little-mistress.com
- Necklace, £19.99, New Look

Turn over for more ➔

ROCK THAT *frock!*

- Dress, £59.99, chichiclothing.com
- Shoes, £75, Schuh
- Necklace, £8, Wallis
- Bag, £29, Miss Selfridge

- Dress, £25, George at Asda
- Shoes, £45, Dorothy Perkins
- Clutch, £20, Miss Selfridge

- Dress, £69.99, Quiz
- Shoes, £75, Dune

Sequins

› Dress, £69.99, New Look
› Shoes, £45, little-mistress.com
› Ring, £8.50, Miss Selfridge

› Dress, £80, Stacey Solomon for lookagain.co.uk
› Shoes, £45, Miss Selfridge
› Bag, £18, F&F at Tesco

› Dress, £59, very.co.uk
› Shoes, £34.99, New Look
› Earrings, £6, boohoo.com

Styling **Charlie Bell** assisted by **Sophie Boyden** Photography **Alex James** Hair and make-up **Olivia Ferrer**

Are your feet ready to PARTY?

If your tootsies aren't prepped for killer heels and festive fun, don't panic! Give them a glam-over with our 'get pretty' plan

You spend hours choosing a dress, beautifying your barnet and hunting down The One (that's the perfect red lippie, FYI). So don't let less-than-gorgeous feet spoil your party look! From the ultimate hard skin fighter to nail art and comfy cushioning, Scholl Velvet Smooth Diamond Collection contains everything you need for feet worth flaunting.

TOP TIPS FOR PERFECT PARTY FEET...

1 BANISH ROUGH BITS

Say bye-bye to sloughing your feet for hours. Scholl Velvet Smooth Express Pedi makes smoothing super easy with three different roller heads, boasting fine diamond crystals. Just glide over the soles of your feet, concentrating on the areas where skin is the hardest.

2 MOISTURE BOOST

Next, slather on Scholl Velvet Smooth Intense Serum. Containing power ingredients like hyaluronic acid and green caviar, it absorbs quickly, leaving your skin silky and radiant. For an intensive overnight treatment, pop a pair of cotton socks over the top.

3 SHAPE AND COLOUR

The most flattering shape for your toenails mirrors your cuticle. Using the nail file and toe separators provided, gently file in one direction. Add some colour with a slick of polish and say hello to feet fit for the dancefloor!

4 STILETTOS' BEST FRIEND

Carrying your shoes at the end of the night is SO not hot! If the balls of your feet are prone to burning, you'll love Scholl Party Feet Ultra Slim Invisible Gel Cushions (included in the kit). The washable grips are perfect for all shoe styles and boast clever non-slip technology to keep you dancing for hours.

Photos **Urban Lip**

Fancy the gift of beautiful feet this Christmas? Treat yourself to a luxury experience with the Scholl Velvet Smooth gift pack to achieve a salon-quality pedicure at home.

SCHOLL VELVET SMOOTH DIAMOND COLLECTION

This Christmas, treat your feet to diamonds with the ultimate in pedicure indulgence – a box packed with Scholl Velvet Smooth Express Pedi, plus all the essentials to get beautifully smooth feet and healthy, groomed nails. Available at Boots, RRP £80.

MAKE YOUR FEET HAPPY – VISIT SCHOLL.CO.UK

Festive chic

Sparkle in style this party season with fabulous accessories that'll add instant glam to any outfit

1. Heels, £55, Schuh
2. Bag, £19.99, New Look
3. Necklace, £18.50, Topshop
4. Bag, £30, very.co.uk
5. Bag, £19.99, New Look
6. Heels, £25, linzi.com

Styled by **Harriet Davey** Photos **Studio 33**

Celebrity SCENT WARDROBES

Wonder what perfume Danielle Armstrong says 'every man loves'? The fragrance that boosts Pixie Lott's confidence? We uncover the celebs' secrets...

Sam Chapman
MAKE-UP ARTIST, BLOGGER AND ONE HALF OF YOUTUBE SENSATION PIXIWOO

1 The first fragrance I bought was Estée Lauder Tuscany Per Donna. I saved up for it and it was the first time I had something that no one else owned. I felt like I had my own identity. The smell still says 'freedom' to me. It's been discontinued since, but it actually smells very similar to Dior J'Adore L'Or, which I also love.

2 My favourite home fragrance is The White Company Blanc Home Mist, £20 for 100ml. I use it in almost all my rooms to create a bright, airy vibe. But I have one room, a snuggly lounge with books and an armchair, where I use The White Company Noir Home Mist, £20 for 100ml, that's richer and warmer.

3 My daytime fragrance is Burberry My Burberry, £65 for 50ml. I have a very emotional connection with Burberry scents. Because I travel so much, I love how very, very British the brand is – I can't resist wearing it with my Burberry trench coat. I also love other fresh scents like Marc Jacobs Honey, £50 for 50ml, that's beautiful and light, and Jo Malone English Pear & Freesia Cologne, £42 for 30ml. There's a cupboard in my bedroom filled with, no joke, about 40 perfumes!

4 My evening fragrance is Dior J'Adore L'Or, £99 for 40ml. It makes me feel like a Parisian woman! It's a bit strong for dates, though. If I want to put across an elegant image, I'll go for Chanel Coco Mademoiselle, £49 for 35ml.

5 My favourite scent on a man is Comme des Garçons Wonderwood, £62 for 50ml. My boyfriend wears it. He's so stylish and knows just what's cool and unique. I love that I've never smelled it on anyone else.

Words **Amber Ascroft**

Pixie Lott
SINGER AND SONGWRITER

1 My favourite fragrance on a man is Dolce & Gabbana Intenso, £42 for 40ml, fragrancedirect.co.uk My boyfriend [model Oliver Cheshire] has a huge collection of scents, and this one is incredible. He's got great taste in fragrances – he's been on the panel of The Jasmine Awards, which judge the best journalistic writing on fragrances. And he has lots of amazing Dior aftershaves.

2 The first fragrance I wore was Carolina Herrera 212, £64.50 for 100ml. I got it for Christmas as a teenager – I felt so glamorous when I wore it to school. I still love it now. When I first started my career, I moved on to using Dior Miss Dior, £54.50 for 50ml, and Marc Jacobs Daisy, £54 for 50ml.

3 My evening fragrance is Marni, £49 for 30ml. It's warm and spicy, glamorous and sensual, great for giving a confidence boost. I also love Flora by Gucci, £45 for 30ml, and Flower by Kenzo, £44 for 30ml.

4 My most evocative fragrance is Britney Spears Fantasy, £25 for 50ml. I travel a lot, so fragrances that remind me of my friends and family are comforting for me. My best friends, Georgia and Jo, both love this Britney scent. It's like candy floss, almost suffocatingly sweet. But they wear it to death and I instantly recognise it.

'Fearne Cotton smells fantastic. She wears a distinctive fragrance which is meant to smell different on everyone. [**Escentric Molecules Molecule 01, £65.50 for 100ml, cultbeauty.co.uk**]. I compliment her on it every time,' says Pixie.

Lydia Bright
BOUTIQUE OWNER AND THE ONLY WAY IS ESSEX STAR

1 My most evocative perfume is Clarins Eau Dynamisante, £59 for 200ml. The smell of it always fills my nan's house, and she buys me a bottle for Christmas every year. I rarely wear it, I just like to spritz it on my pillows for comfort.

2 My 'night out' fragrance is Ghost Deep Night, £34 for 50ml. It's an oriental perfume – quite musky and sexy with lots of vanilla. I tend to change my evening fragrance a lot as I think, after a while, you can't smell it on yourself any more.

3 My daytime fragrance is Sarah Jessica Parker Lovely, £49 for 100ml. I've always been totally obsessed with *Sex And The City*. I wore Sarah Jessica Parker NYC, £9.95 for 30ml, fragrancedirect.co.uk, throughout my teens. It makes me think of when I was young and free, without a worry in the world! I was so girlie, just getting into beauty products. When I was 18, I moved on to SJP Lovely. I get so excited when I meet someone who's wearing it. It gives me a chance to talk about my love of *Sex And The City*!

4 My date night fragrance is Paco Rabanne 1 Million, £42 for 50ml. Yes, it's a man's fragrance! I find they last longer than women's perfumes. Me and James [Argent] both wear this on romantic nights out. It's 'our scent'. I love it and it reminds me a lot of him.

Binky Felstead
MADE IN CHELSEA STAR

1 My day (and night) fragrance is Chanel Chance, £68 for 50ml. I don't change my perfume for the evening – I like scents that work any time.

2 My favourite fragrance on a man is Issey Miyake L'Eau d'Issey Pour Homme, £33 for 40ml. Each of the *Made In Chelsea* cameramen wears the aftershave of one of my exes – I'm always like, 'Can you not?' Once, I wasn't told who I was filming a *MIC* scene with. But as soon as I walked in, I knew it was with my ex, Alex [Mytton]. He wears Viktor & Rolf Spicebomb, £49 for 50ml, and it's very manly and musky.

3 My first fragrance was Tommy Girl, £44 for 100ml. I wore it in prep school when I was about 12. The aroma takes me back to village discos and getting ready at friends' houses. My dad used to bring a bottle back for me when he travelled for work.

4 My most special perfume is Wild by Binky Felstead, £24 for 100ml gift set. It features sexy but easy-to-wear notes like orchid, jasmine and freesia. When I was creating it, I secretly sampled so many different scents to see which got a good reaction. I had tons of compliments on this one, from both men and women, so I knew it was a winner.

'I'm such a country girl at heart, and am drawn to aromas that remind me of home. Bonfires, freshly-cut grass and hay are really happy smells for me,' Binky tells us.

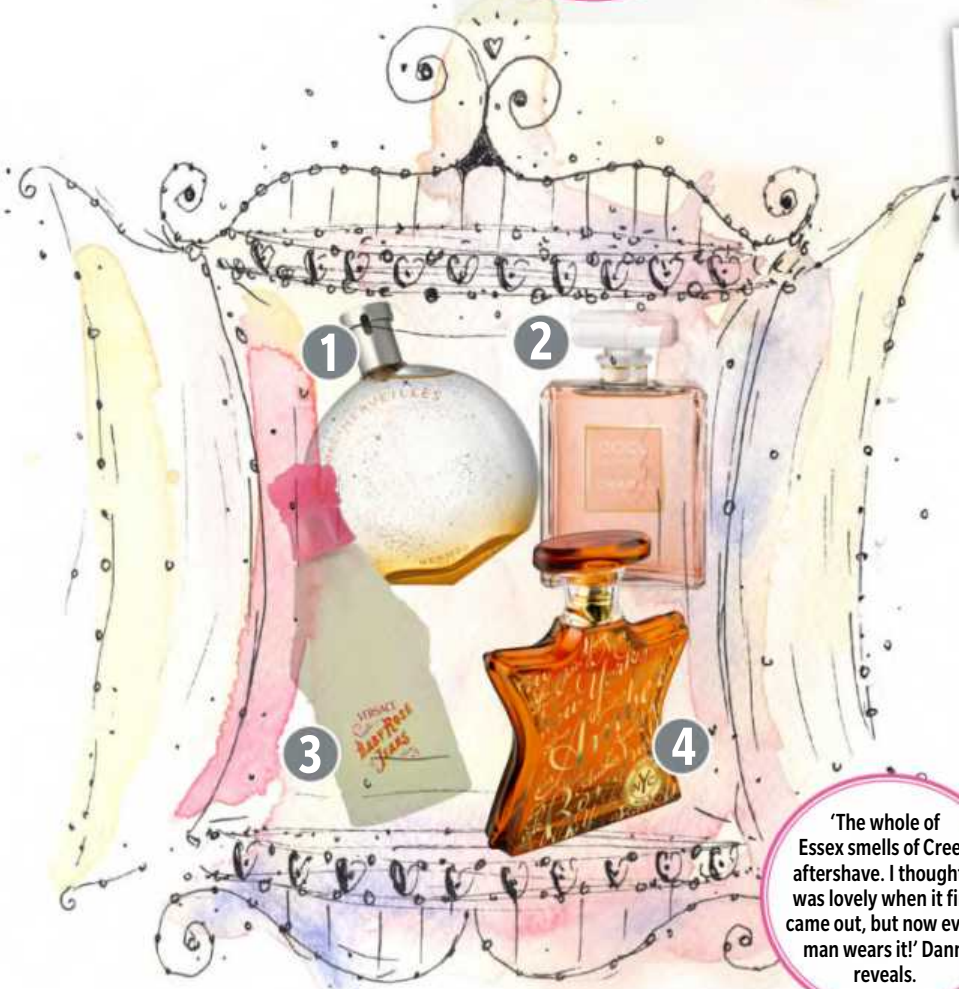
Danielle Armstrong
THE ONLY WAY IS ESSEX STAR

1 My top daytime fragrance is Hermès Eau des Merveilles, £69 for 50ml. James [Lock] got this for me when he came back from a boys' holiday to Marbella two years ago.

2 My most evocative perfume is Chanel Coco Mademoiselle, £68 for 50ml. My mum's worn it for years and now I do, too. It's a real comfort scent. I carry it everywhere – it reminds me of home. When James and I saw each other in Marbs this summer, after we'd split up, he couldn't stop smelling me. He was like, 'It's your scent – I've missed it.'

3 The first perfume I bought was Versace Baby Rose Jeans. All the girls used to wear it in high school. The Blue Jeans version was actually much nicer, but we all liked the pink bottle! It takes me back to a time of spots and frizzy hair. For boys, it was all about Joop! Homme, £33 for 75ml. They used to chuck it all over themselves at school discos.

4 My hot date perfume is Bond No. 9 New York Amber, £285 for 50ml. When I was in London, this beautiful Middle Eastern lady walked past, smelling incredible. I just had to stop her and ask what she was wearing. It was Bond No. 9. You can only buy it in Dubai and Selfridges, which made me want it even more. It's so expensive, but it lasts all night and men absolutely love it! I call it my 'pulling perfume'. I wouldn't wear it once you're in a relationship – don't waste it on them then!



'The whole of Essex smells of Creed aftershave. I thought it was lovely when it first came out, but now every man wears it!' Danni reveals.

Photos **Capital Pictures, Featureflash, Getty, Matrix, Rex Features** Illustrations **Fiona Gibson**

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LIKE FATHER, *like*

SEAN AND HOPPER

When your dad's Sean Penn and your mum is megababe Robin Wright, there's a small chance you're going to be pretty.

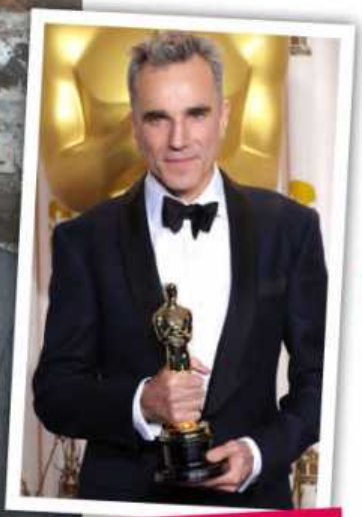
And just look at Hopper Penn! The 22-year-old (who clearly has his dad's nose) is a student with a burgeoning acting career. We're definitely keen to see more of him on our screens!

Instagram/@officialmaxirons

JEREMY AND MAX

With his chiselled good looks, it's little wonder Max Irons has followed in his dad Jeremy Irons' footsteps to become an actor.

The 30-year-old starred alongside Amanda Seyfried in *Red Riding Hood* and hit our TV screens in 2013 drama *The White Queen*. Oh, and did we mention that he's hella fit?



DANIEL AND GABRIEL

The apple didn't fall far from the tree when actor Daniel Day-Lewis, 58, sired his first son.

With his prominent eyebrows and high cheekbones, Gabriel-Kane looks just like his dad!

At 20, Gabe's a singer, songwriter AND model already – he walked for Chanel in Paris earlier this year.

DAVID AND BROOKLYN

It's safe to say that Brooklyn is David Beckham's mini-me – the pair even dress the same, with Becks, 40, admitting his son often steals his clothes!

At 16, Brooklyn's amassed an Instagram following of 5 million and, for a while, it looked like he was going to follow Becks and become a footballer. But he left Arsenal's training academy earlier this year to focus on his A-Levels. Good on him.

Instagram/@brooklynbeckham

ARNIE AND PATRICK

Patrick Schwarzenegger has obviously inherited a love of getting buff in the gym from his body-builder-turned-actor dad Arnie.

The handsome star, 22, has attracted the attention of Miley Cyrus, though the pair are no longer dating, and he now works as a model and actor. He's currently starring in *Scouts Guide To The Zombie Apocalypse*.

CLINT AND SCOTT

Oh, HI THERE, Scott Eastwood! This easy-on-the-eye stud is the youngest son of actor and director Clint Eastwood.

At 29, Scott's already made a name for himself as an actor in flicks like *The Longest Ride* and he recently steamed up Taylor Swift's *Wildest Dreams* music video a treat.

He's also using those genes to their full potential and Clint, 85, said, 'I've seen him with a couple of the dates he's had recently – he's doing much better than me!'

son

Meet the superstar dads and their mini-me sons

JUDE AND RAFFERTY

His quirky good looks mean Rafferty Law has been snapped up as a model, and the 19-year-old was named as one of *GQ* magazine's 50 best-dressed British men this year.

We're not surprised... his dad is dapper actor Jude Law! Rafferty is 42-year-old Jude's eldest son from his marriage to Sadie Frost.

PIERCE AND DYLAN

When your dad's a former James Bond, there's a relatively high chance that you'll inherit those swarthy good looks, and 62-year-old Pierce Brosnan's son, Dylan, has definitely hit the jackpot.

At 18, film student Dylan has already modelled for Saint Laurent after he was discovered on the beach in Malibu, where he lives.

Photos **eyevine, Getty, Rex, Saint Laurent, Splash, Vantagenews.co.uk**

Hannah Doyle

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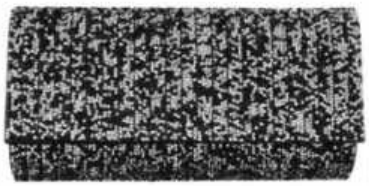

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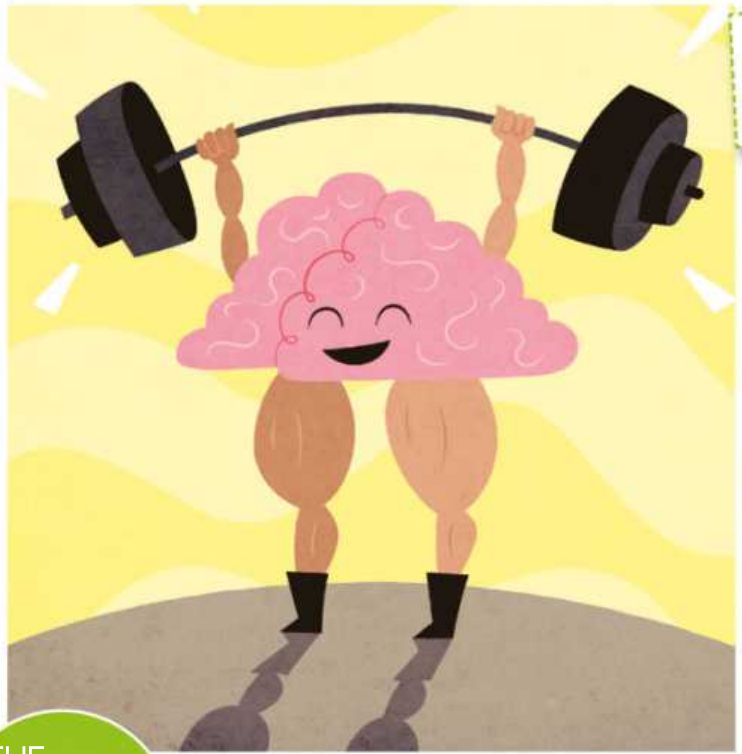
Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

WHY GO DRY?

Is it worth having a dry January?
David, Middlesbrough

Yes, but it's even better to change your drinking habits for good. Researchers have found that if you come off alcohol for four weeks, it can dramatically reduce your risk of liver damage and diabetes, as well as bringing down your blood pressure and cholesterol levels or helping to lose weight. People who stop drinking also find that they concentrate and sleep better, and have more energy to enjoy life. However, if you start drinking heavily again in February, you lose these benefits. Aim for two or three dry days every week of the year.



Trust me – I'M A DOCTOR

Is it true that women with stronger legs have stronger brains?
Amy, Blackpool

Possibly. A large study of twins found that those with strong legs also had the best memories and the healthiest brain scans. However, the study didn't prove that having strong legs causes your brain to work better. We do know that physical activity is very good for your mind and your body, and it's likely that the more physical activity you do, the stronger your legs are. The bottom line is that your legs were made for walking – 30 minutes a day, as fast as you possibly can, and you'll feel the benefits all round.

THE sex QUESTION

THE GOLDEN TOUCH

How do I give a good hand job?
Nicole, York

It depends who you're giving it to. Everyone is different, so a good tip is to watch your partner masturbating or to ask him what he likes. Some men get turned off by being asked 'Am I doing it right?' all the time, so you may have to go with your instinct. Start slowly and gently. Lubrication, such as massage oil, can help, but don't use too much or things get too slippery. Look at his face to see whether he likes it all the way up and down, or whether you should concentrate your strokes more towards the head. Vary the speed and grip, and see what happens.

DR PHIL SAYS: 'You can treat yourself for many illnesses. Check out the fact sheets at selfcareforum.org'

COLD HEARTS

Is it true that heart attacks are more common in winter?
Jane, Telford

Yes, it is. It may be because cold snaps raise your blood pressure and put more strain on the heart. Your heart also has to work harder to keep your body warm during colder months. If you are at risk of heart disease, try to always stay warm in your home. Keep the main room you use at 21°C. Use a hot water bottle or electric blanket to keep warm in bed. And wrap up warm when you go out, with a hat, scarf and gloves.

BELLY FAT IN MEN

My BMI is normal but I have a big belly. Do I need to lose weight?
Josh, Harwich

It depends how big your belly is. Generally, your belly, measured at the level of your tummy button, should be half your height or less. We know that it's not just your weight that matters, but the way you carry it. If you carry it around your belly, as a lot of men do, the fat can also wrap around your internal organs, raising your cholesterol and blood pressure and increasing the risk of diabetes. Think about where your belly is coming from. Is it overeating or too much alcohol? If you get into the habit of not eating between meals or not drinking on weeknights, it could soon shrink.

Illustration **Tim Bradford** Because conditions and treatments vary from person to person you should consult your GP about any specific concerns and before following medical advice on this page

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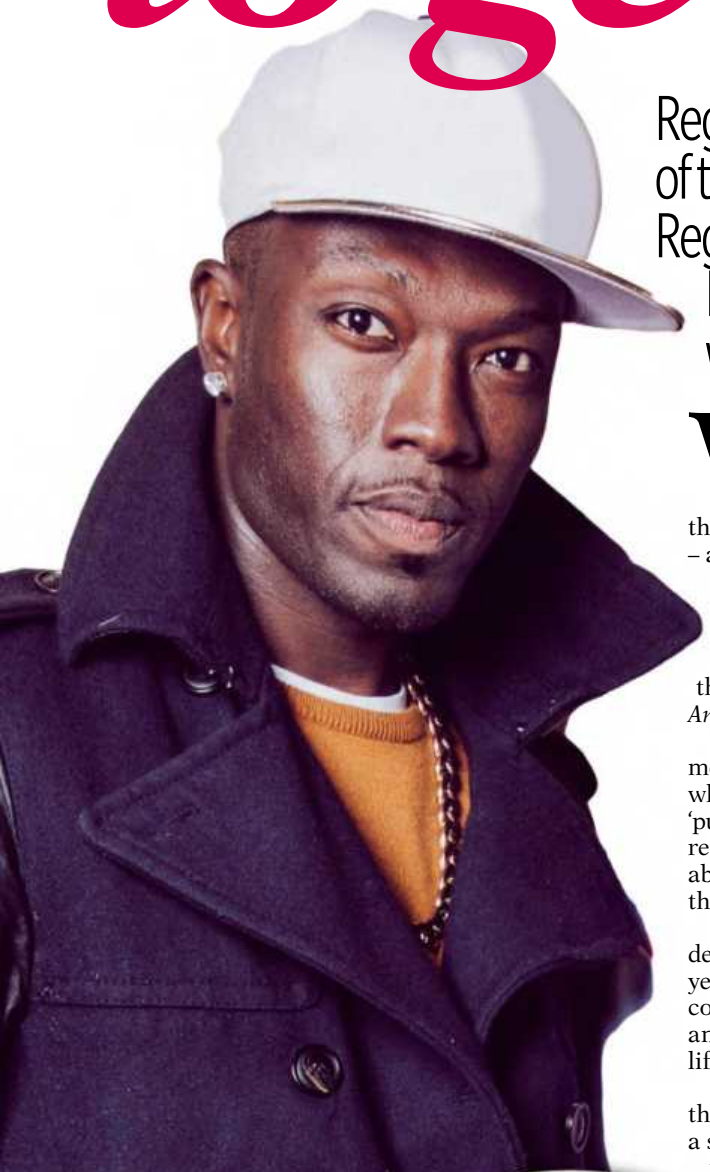
Compiled by **Lara Nugent**

'MY DEPRESSION LEFT ME *to get out o*



Reggie Kojo Ainooson – one half of the nation's new favourite duo Reggie 'N' Bollie – tells us about his crippling depression how his wife pulled him through it

Mentor Cheryl is rooting for her boys

Widely dubbed as *The X Factor*'s 'new Jedward', Ghanaian duo Reggie 'N' Bollie have had to prove they're far from this year's novelty act – and they've certainly done just that.

We defy anyone who says they weren't dancing around the kitchen, or giving their bum a little wiggle on the sofa, during their rendition of karaoke hit *Twist And Shout*.

We couldn't put it better than their mentor, Cheryl Fernandez-Versini, who describes Reggie 'N' Bollie as 'pure sunshine'. And yet, on the show recently, Reggie, 31, opened up about spending the last year battling through a dark cloud of depression.

He tells us, 'I suffered from depression from mid to late last year. I was in a really dark place and couldn't muster any enthusiasm for anything. I just wasn't excited about life. I felt numb.'

Reggie Kojo Ainooson moved to the UK from Ghana – where he had a successful music career – in 2010, to be with his wife, Edith, who had moved to the UK ahead of her husband, and was by then expecting their second child.

'Music is not as profitable in Ghana and I needed to earn a living for my children,' Reggie says. 'I started work as a sales executive and studied part- time in accountancy.

'I FELT LIKE I'D LOST MY DREAM'

'It wasn't the life I wanted to be living. I came up against financial struggles and felt a failure in my musical career.
I felt I'd lost my dream for good.'

Despite trying to build a new life for his wife and family – they now have three children, Ikhon, seven, Nolan, five, and one-year-old Dior – the upheaval had a devastating effect.

'On some days, I struggled to even get out of bed. I thank God for my wife, as she often had to drag me out of the front door just to get me outside,' Reggie says.

Reggie's wife Edith has been his rock during the dark times

Reggie 'N' Bollie's families watch the boys perform

CHECK OUT REVEALCO.UK FOR X FACTOR UPDATES

Photos Syco /Thames/Corbis/Dymond, Thames/Syco /Fremantle Media, YouTube/ AXSTV

UNABLE *f bed'*

Reveal *scoop*

The duo hope they'll go all the way to the final

'The only time I managed to force a smile was for my children. I couldn't let them see me that way. It means so much to me that they look up to me and are proud of me.

'When I opened up on *The X Factor*, I did it to help others. But friends and family members called in tears.

'They hadn't known what I'd been going through, because I hid it. I didn't want anybody to think I was a failure, or that I couldn't cope.'

'I WENT THROUGH MONTHS OF THERAPY'

It was Reggie's wife Edith who finally gave him the push to seek the help he needed.

'My wife told me, "I will not let you go down this road and I will not be with you like this." I went straight to the doctor and started having therapy, which changed my life,' says Reggie, who now wants to start a charity for victims of depression.

'I went to see a therapist for two to three months and, although I no longer need it, I still practise what I learnt when I'm feeling down, or nervous.

'Sometimes, you read negative comments about yourself on social media, and you can dwell on it. But now we just delete it and move on if it isn't constructive. Bollie and I like to make people happy, and to do that we need to be positive'.

And it seems they're more full of beans than ever. Reggie 'N' Bollie are now throwing their all into *The X Factor*, and praying for a spot in the prestigious live *X Factor* final on 12 December.

'*The X Factor* has changed our lives. We can't believe we've come this far,' says Reggie. 'As for Cheryl, what can I say? She's the Tulisa of Reggie 'N' Bollie!

'We've already been rehearsing a couple of Cheryl's songs, *Fight For This Love* and *Crazy Stupid Love*. We'll be doing a duet with her if we reach the final.'

Lauren Hill-Roger

The X Factor is on Saturdays and Sundays, ITV, 8pm

Reveal *says*

Good luck, guys!

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ITV, TUESDAY 8 DECEMBER, 7.30PM

DON'T MISS

Blake Harrison stars in new comedy drama Tripped on E4, on Tuesday 8 December at 10pm. He plays Danny who ends up adventuring in another dimension with his high friend, Milo. Find out if the boys can defeat a sword-wielding knight and get home.

I'M A CELEBR GET ME OUT

Ant and Dec are still down under and about to announce which celebrity has lasted the longest living in the bush. From terrible trials to poor rations, even poorer living conditions, and a distinct lack of luxury, the finalists probably all just want to go home. But before they can head back to the gleaming Versace hotel and have a hot bath, they've got to find out who's going to be crowned jungle king or queen. Will the winner spill the beans on who they loved and who they hated? Have they enjoyed their time there? And do they really want to leave?

ITV, SUNDAY 6 DECEMBER, 9PM

DON'T MISS

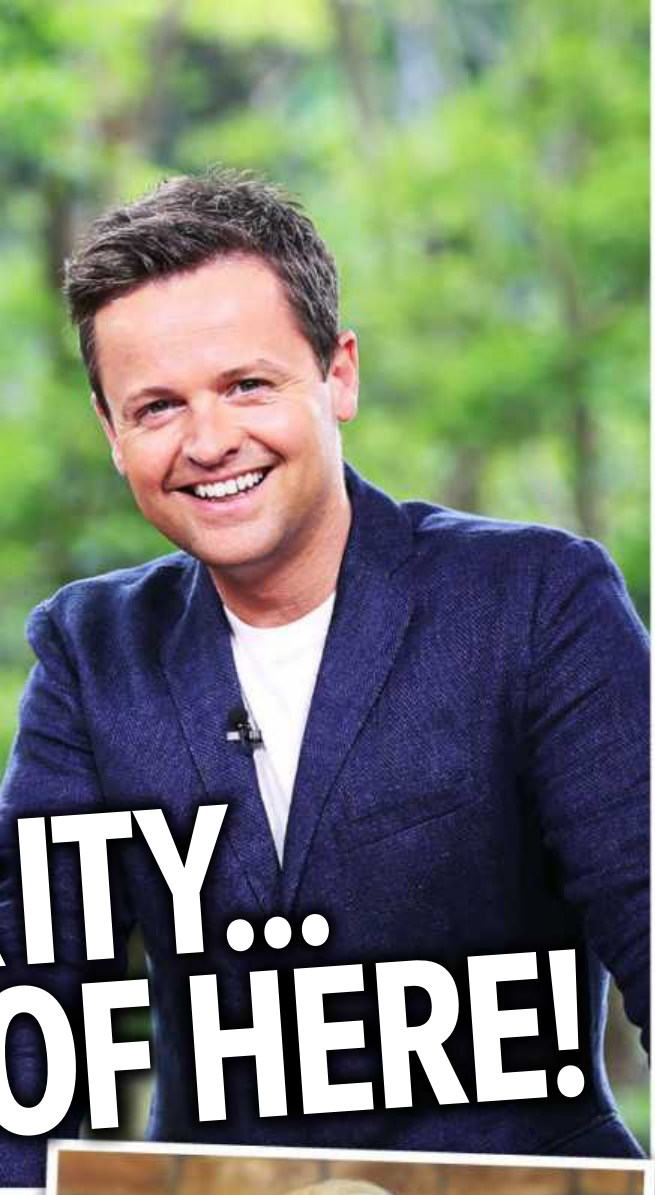
Grey's Anatomy returns for a 12th series! Meredith is unhappy with her new living arrangements, as things pick up on Sky Living on Wednesday 9 December, 9pm. As she struggles to deal with her new life, April returns to Seattle...

18 KIDS AND COUNTING

Britain's biggest family, the Radfords, are about to get even bigger! At the age of 40, Sue Radford has announced she's pregnant with baby number 18 – wowzers! As she goes through the ups and downs of pregnancy and welcomes the latest addition into the world, there's plenty of other important events going on in the family's lives. The eldest daughter, Sophie, is 21 and a mum of two herself. She's getting married and as the family prepare for her big day, the guest list is set to be pretty big with such a large family! Will she get her happy ending?

C4, THURSDAY 10 DECEMBER, 9PM

Photos Angus Young, BBC, ITV, Mark Johnson



ITY...
OF HERE!

CELEBRITY BIG BROTHER: ALL THE LATEST RUMOURS

With 2016 nearly upon us, it can mean only one thing: a new series of *Celebrity Big Brother* starts almost as soon as the new year does! Rumours are rife as to who will be taking part in the Channel 5 show, but ex-*TOWIE* star, Gemma Collins, is one of the hot favourites to enter the house. Soap actress Danniella Westbrook (pictured) has apparently been given the go ahead to go in, too, after being deemed 'unfit' last series. But who else?

THIS WEEK'S SOAP HIGHLIGHTS

EastEnders

VINCENT SETS UP PHIL

A determined Vincent tells Ronnie he's taking down Phil immediately, and she's forced to go along with his plan. Despite being warned Phil is dangerous, Vincent pushes ahead and at The Albert slips something into Phil's coat pocket. Vincent then calls the police and says Phil is carrying a gun – will the cops arrest Phil? Or will Vincent's plan fail?

EASTENDERS, BBC ONE, MON & FRI, 8PM, TUE & THU, 7.30PM

Coronation Street

ROB RETURNS

Tracy's stunned to receive a visiting order from Rob, but she eventually decides to go and see her ex in prison. As Rob tells Tracy he still loves her, Tracy lies she's single and finds herself agreeing to visit him again. She has no idea Rob's playing her for revenge, and Rob's games don't end there, as he holds the key to a secret someone else on the street wants to keep hidden...

CORONATION STREET, ITV, MON & FRI, 7.30PM & 8.30PM, WED, 7.30PM

Emmerdale

SAM AND JAI FIGHT

Jai finds out from Sam that Megan is pregnant and planning to leave. As the pair scuffle, Sam knocks Jai out with a doorstop and panics when Jai won't wake up. Sam drags him to an empty shipping container in the middle of a field where he leaves him bound and gagged. When Jai wakes, Sam lies Megan's already left the village, but will Jai manage to escape?

EMMERDALE, ITV, MON-WED, 7PM, THU, 7PM & 8PM, & FRI 7PM

Hollyoaks

NICO ATTACKS SIENNA

Patrick suggests that Nico should go to boarding school, but Sienna refuses until she hears some damning evidence against her daughter. Nico's furious and lashes out. Sienna lies that her injuries are due to being mugged. But Patrick is suspicious and decides there's only one thing he can do to protect Sienna, but will his plan work?

HOLLYOAKS, C4, MON-FRI, 6.30PM

BLACK MASS

Based on real events, this gritty film is a gripping watch from start to finish. Johnny Depp is almost unrecognisable as James 'Whitey' Bulger, the notorious gangster who enjoyed a reign of terror on the streets of Boston from the 70s to 1994, after forming an alliance with the FBI to take down the Mafia. Not one for the faint-hearted, but definitely worth a watch on the big screen!
In cinemas now

Dakota Johnson plays Bulger's partner, Lindsey

BROWNIES, BLONDIES AND BARS

We're in love with this *Brownies, Blondies and Bars* cookbook from Stephanie Brubaker. Author of the popular food blog backforseconds.com, Stephanie is the woman responsible for scrumptious recipes such as these gooey Black Forest cookie bars and seasonal pumpkin bars with cream cheese frosting. Yum!
£13, amazon.co.uk

BUZZ-O-METER

What's hot in the Reveal office this week

£14.99, H&M

ELFIE SELFIE

We ordinarily cringe at Christmas jumpers, but this one's a game-changer! Modelled by Katy Perry, who stars in the new H&M holiday advert, this 'elfie selfie' jumper is adorable. And at only £14.99 – it's a steal! We love it, and we're sure Buddy The Elf would, too.

Photos **Tony Barbera**

SANTA PAWS

'Tis the season to be jolly, so why not dress up your pet pooch for the occasion? And, if you don't have a pet of your own to embarrass, then these animal Christmas jumpers from Morrisons will make the perfect gift for someone who does. Available in five designs – Santa, elf, reindeer, snowflake and christmas tree – they cost £5 each.

BABY, IT'S COLD OUTSIDE...

This chic thermal mug from Bando is a brilliant way to keep warm on-the-go with coffee – or hot chocolate, if you have a sweet tooth like us! And, if you're after something a little stronger for the night-time, this cute pink hip flask is the perfect accessory.

£14.95, Selfridges

£12, Urban Outfitters

Olivia-Anne Cleary

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Love it!

Ex-TOWIE star **Sam Faiers**, 24, enjoys a donkey kick, a posh Chinese and happily reminisces about her 21st birthday outfit...

FAVOURITE... KARDASHIAN?

It's tough as there are so many and they're so different, but I find Kourtney endearing. Even if everything around her is going at a million miles per hour, she's always so laid-back.

PERFUME?

Apart from my own – Pure and La Bella – Tom Ford is one of my favourite perfume brands. I really like vanilla smells.

OUTFIT OF ALL TIME?

The dress I wore to my 21st birthday party [left]. It was a gold, floor-length dress with a train – and sequins! I was the belle of the ball and felt like Beyoncé!

WORKOUT MOVE?

The donkey kick – it's a move to tone your bum. You get on all fours, then kick your leg up and down, then alternate legs. Repeat 50 times. I also like Pilates and yoga.

FESTIVAL?

I haven't been to all of them but I'd say V Festival in Chelmsford is my favourite because it's local to me, so I used to go there when I was growing up.

RESTAURANT?

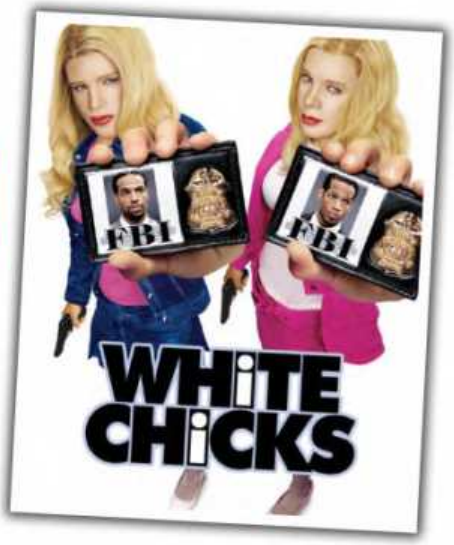
I love China Tang at The Dorchester hotel in Mayfair. Chinese food is my favourite, and that's one of the best I've had.

TV CHARACTER?

Ross from *Friends*. I went to Comedy Central's FriendsFest event, in East London, in September. I'm such a huge fan of the show – it's on at my house all the time, and Ross is brilliantly funny.

SUPERMODEL?

Rosie Huntington-Whiteley – I love her! I follow her on Instagram and Twitter. She's so effortlessly glam and her make-up and hair are always on point.



FILM?

White Chicks with Marlon and Shawn Wayans – every time I watch it I still think it's hilarious! It's an easy-watching Sunday chill film.

CHOCOLATE BAR?

I know it's a bit boring, but probably just the plain Cadbury's Dairy Milk bar.

For Carmen by Samantha hair styling products, go to carmen-products.co.uk

Words **Becky Greenow** Photos **Alamy Getty, Planetphotos.co.uk, Rex, Xposure**

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